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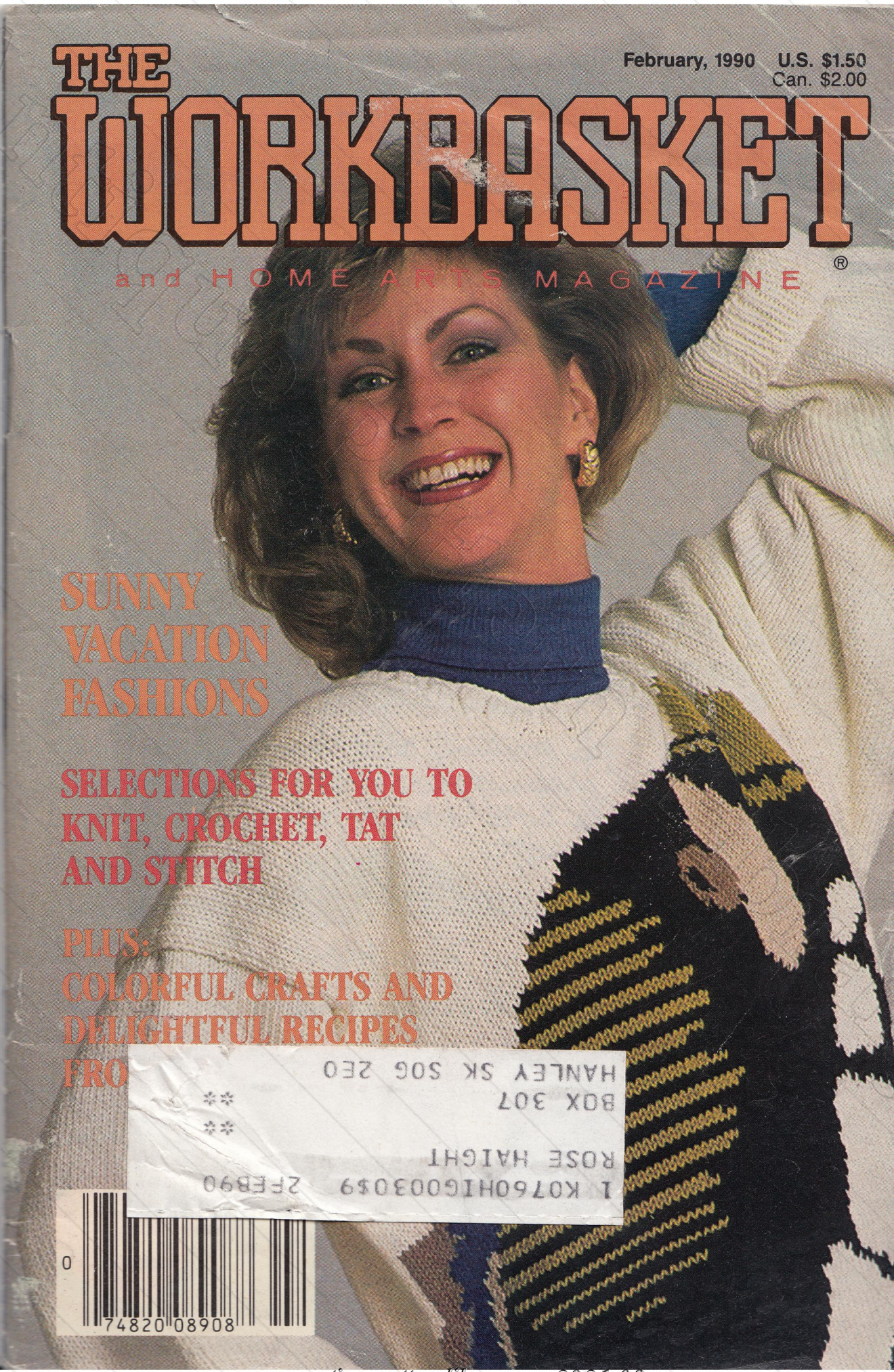
THE WORKBASKET®

and HOME ARTS MAGAZINE



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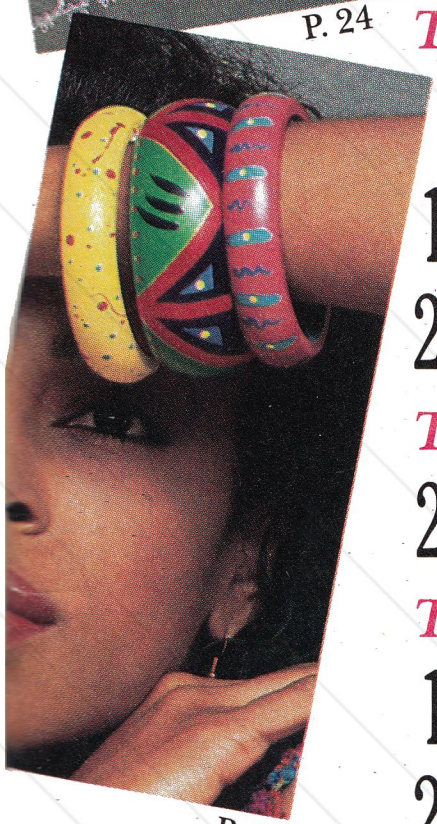
CONTENT PAGE

P. 24



P. 36

P. 46

FEATURES

To Knit

6 Fish Design Sweater

14 Multi-Color Shell

18 Lap Afghan

To Crochet

9 Girl's Swimsuit Cover-up

12 Jacket with Crochet Trim

20 Girl's Sport Top

To Tat

24 Lacy Wave

To Stitch

16 Embroidered Belt

26 Needlepoint Pillow

38 Breadfruit Applique

Crafts

34 Decorated Sun Visors

36 Painted Wooden Bangles

Foods

44 Island Flavored Banana Bread

46 Fish with a Tropical Flair

Gardening

42 Forum

DEPARTMENTS

4 Notes from Aunt Ellen

59 Terms in Brief

61 Buyer's Guide

62 Fasten Off

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NOTES FROM AUNT ELLEN

Dear WORKBASKET Reader:

How many of you are already tired of the cold, gray skies, have "cabin fever" and are ready for the sun, even if you're unable to leave your home and yearn for soft, warm breezes? In this issue we have attempted to bring the sun to you!

Even the transfer pattern should put you in a "sunshine" mood, ready to dream of tropical places. Who can help but smile seeing the frolicking dolphins and the happy face of Mr. Sun?

Your many letters requested more needlework be included in The WORKBASKET, so we have tried to fulfill your wishes by including three crochet projects, three knitting projects and a tatted lace in this issue, along with a few craft and stitchery items. Even if you're not planning to vacation, begin working on these projects now so you'll be ready for summer fun.

To put your family in the same spirit, try our fish recipes fresh from tropical isles. Not only are they delectable, but also nutritious, satisfying and low in cholesterol.

Aunt Ellen

Aunt Ellen

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EASY WEAR SWEATER

EXPERIENCED

Knit a stunning oversize sweater comfortable any time of the year because it is made of an acrylic yarn that feels just like cotton. You'll love the ease of caring for this garment because it is machine washable and dryable.

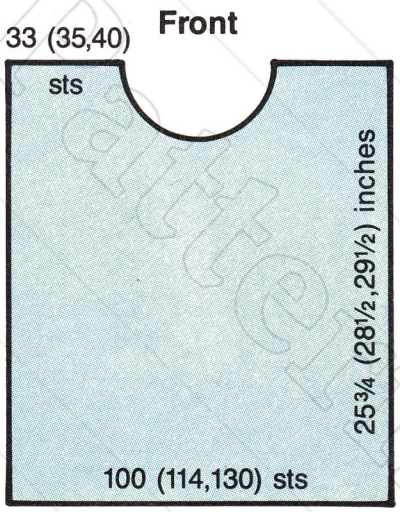
Directions are given for small, with changes for medium and large in parentheses. You will need 9 (9,10) balls white (MC), 1 ball each of blue, tan ecru, black and green Lane Borgosesia "Mel" 100% acrylic yarn, numbers 5 and 7 straight knitting needles and a number 5 circular needle.

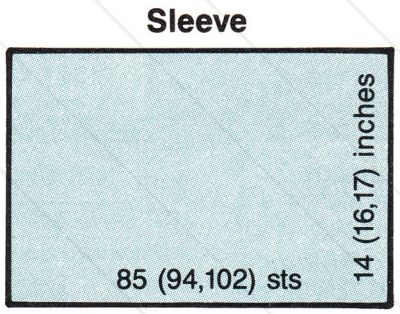
Gauge: 5 sts equal 1 inch
7 rows equal 1 inch

Finished measurements: 20 (23-1/2,26) inches

Back: With smaller needles cast on 100 (114,130) sts. Work in ribbing (k 2, p 2) for 2 inches. Change to larger needles and work in stockinette (k 1 row, p 1 row) until garment measures 8-1/2 (9-1/4, 10-1/3) inches. Place marker for underarm of sleeve. Continue in stockinette until garment measures 24-3/4 (27-1/2,28-1/2) inches.

Neck Shaping: Work across 37 (39,44) sts, join another ball of yarn and bind off center 26 (36,42) sts, work to end of row. Working both sides at same time with separate balls of yarn, dec one st every other row at neck edge 4 times, leaving 33 (35,40) sts for each shoulder. Bind off.





Front: Work same as for back, following chart for fish pattern and placing marker for sleeve. Continue in stockinette until garment measures 22-3/4 (25-1/2,26) inches.

Neck Shaping: Work across 40 (45,51) sts, join another ball of yarn, bind off center 14 (24,30) sts. Work across to end of row. Working both sides at same time, with separate balls of yarn, dec one st each neck edge every row 4 times.Then dec one st each neck edge every other row 6 times. K remaining 33 (35,40) sts each side 5 (5,8) more rows. Bind off. Join shoulders.

Sleeves: With right side facing, pick up, around shoulder between markers, 85 (94, 102) sts evenly. Work until sleeve measures 14 (16,17) inches.

Sleeve Cuff: Next row k 2 tog every 8 sts. With smaller needles, work in ribbing (k 1, p 1) for 6 rows. Next row (right side) every 4th st pick up the st from the first row of ribbing and k it with your present row of ribbing, thus forming the cuff's fold. Continue working in ribbing until folded cuff measures 2 inches. Bind off.

Finishing: Sew side seams tog. With smaller size circular needle, pick up 84 (104,128) sts evenly around neck for neck edging. Work in ribbing (k 2, p 2) for 3/4 inch. Bind off in k on wrong side. Weave in loose ends.

Continued on page 8

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GIRL'S SWIM COVER-UP

INTERMEDIATE

Wear over a bathing suit on the beach or use as a stylish top to be worn over a tank top and shorts; either way a girl would be delighted with this fashion statement.

Instructions are given for size 4 with changes for sizes 6, 8 and 10 in parentheses. Top is made of 3 (3,4,4) balls #10 DMC "Cebelia" crochet cotton and a size B crochet hook, or size needed to obtain given gauge. Finished chest measurements are 28 (30,32,34) inches.

Gauge: 12 squares equal 4 inches in filet crochet

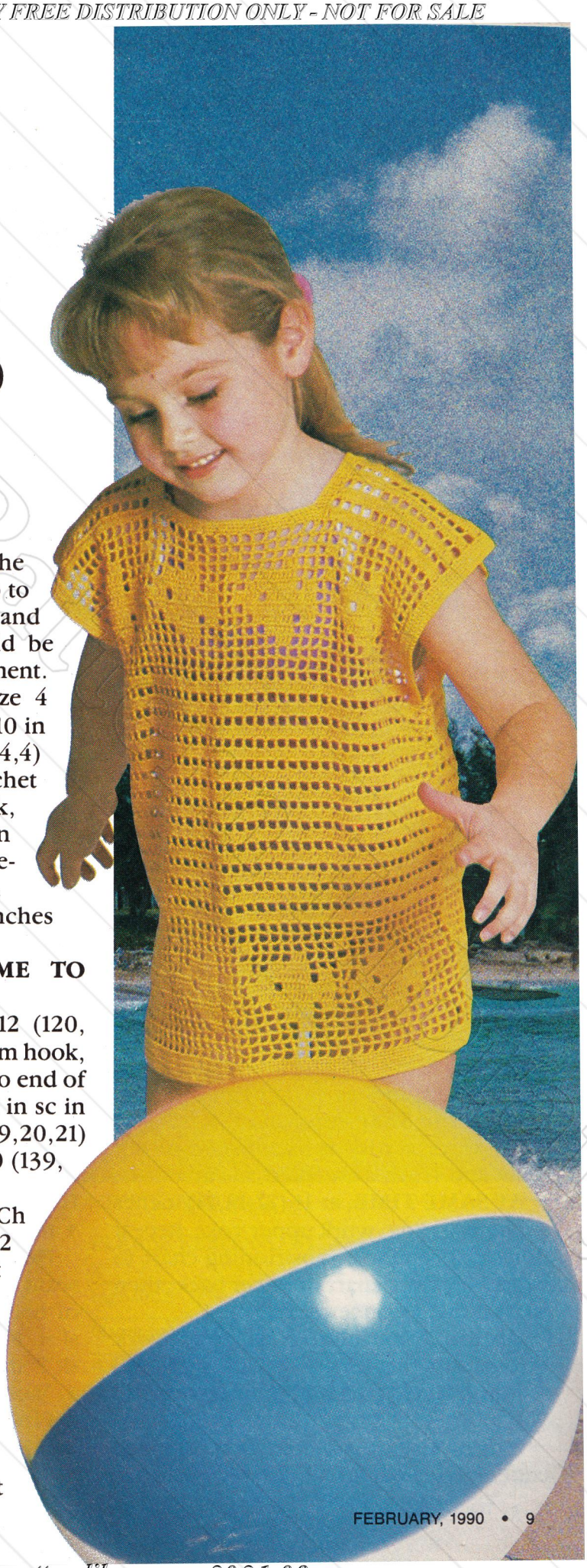
TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Back Lower Border: Ch 112 (120, 128,136). Beginning in 2nd ch from hook, work 111 (119,127,135) sc across to end of foundation ch, ch 1, turn. Work in sc in this manner for 8 rows, inc 18 (19,20,21) sts evenly across last row — 130 (139, 148,157) sts.

Begin Filet Pattern: Row 1: Ch 5 (count as 1 dc and ch 2), *sk 2 sts, dc in next st, ch 2; repeat from *, ending last repeat with dc in last st.

Rows 2 and 3: Repeat Row 1.

Row 4: Ch 5, (sk 2 sts, dc in next st, ch 2) 3 (4,6,7) times, sk 2 sts, follow chart for next 106 sts, (sk 2 sts, dc in next st, ch 2) 4 (6,7,9) times, ending last repeat



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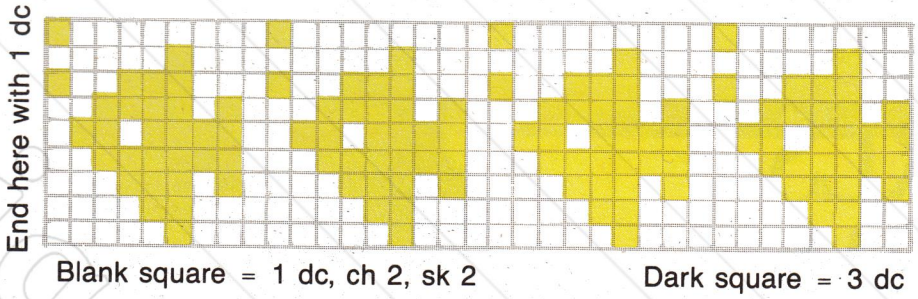

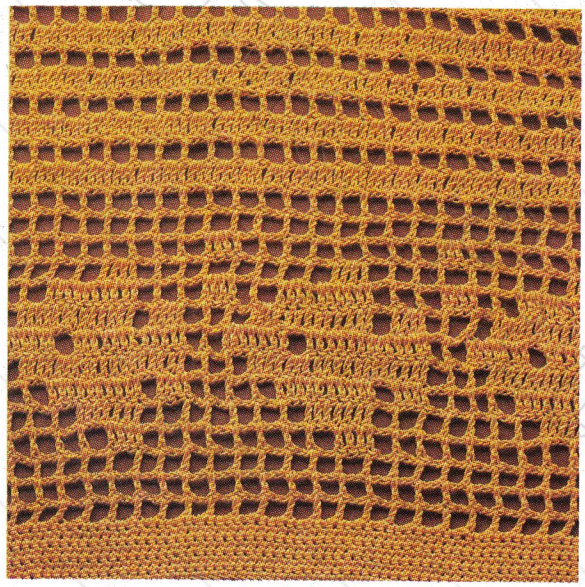

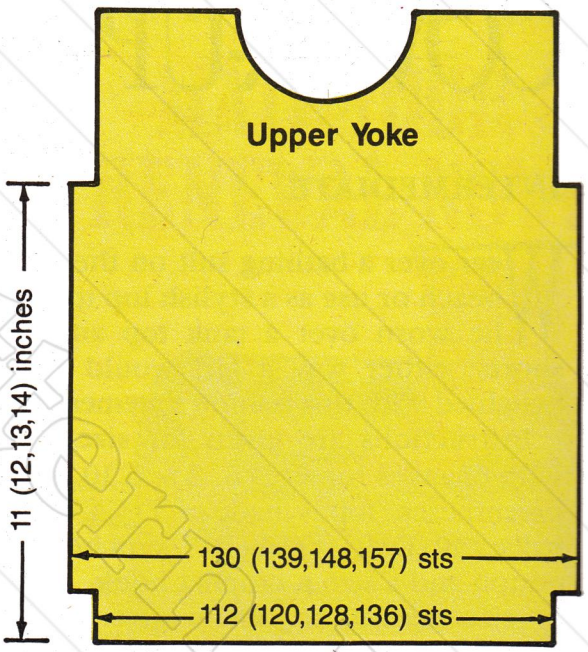

with dc instead of ch 2.

Rows 5 through 12: Repeat Row 4.

Rows 13 and 14: Repeat Row 1.

Row 15: Ch 3 (counts as 1 dc), work in dc to end of row.

Row 16: Repeat Row 1.

Repeat Rows 15 and 16 until 10-1/2 (11,11-1/2,12) inches from beginning.

Armhole Shaping: Next row, sl st on 7 sts, work across as established to last 6 sts and leave unworked, turn.

AT SAME TIME, at 11 (12,13,14) inches from beginning, work upper yoke. Repeat Rows 1 through 16, positioning chart to be exactly over chart of lower back, then work Row 15 once more.

Divide for Neck: Next row, work across following Row 16 on 40 (43,44,49) sts; turn, leaving remaining sts unworked. Work Rows 15,16,15. Fasten off.

Other Shoulder: Join yarn at neck edge, leaving center 42 (45,48,51) sts unworked for back of neck, and work in same manner as for first shoulder. Fasten off.

Front: Work as for back until Rows 1 through 14 of upper yoke are worked. Divide for neck. Work as for back alternating Rows 15 and 16 three times, then work Row 15 once more. Fasten off. Work other side in same manner. Fasten off.

Armhole Edge: Join shoulders. Right side facing, on armhole edge, work 110 (118,126,134) sc, ch 1 turn. Work in sc for 4 more rows. Fasten off.

Neck Edge: Join yarn at shoulder seam, ch 1, work in sc around entire edge of neck to beginning ch 1, ending with sl st. Next row and every row thereafter, sk 2 sts in corners, sl st to beginning ch 1. Work 4 rows total. Fasten off.

Finishing: Sew edges of armhole bands to body. Weave in all ends.

HELENE RUSH

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MAKE A FASHION STATEMENT

Personalize a plain jacket with crochet edging

INTERMEDIATE

Create a one-of-a-kind designer look by crocheting an edging to embellish a jacket already in your wardrobe or stitch a new one from our pattern.

You will need 2 balls Coats & Clark "Knit-Cro-Sheen" and a size C crochet hook or size required to obtain given gauge.

Gauge: 19 sts equal 2 inches in pattern Ch 21.

Row 1: In 5th ch (count as dc and ch 1), work dc, *ch 1, sk 1 dc in next ch; repeat from * to end of row — 19 sts.

Row 2: Ch 3 (count as dc), dc in ch-1 sp, *ch 1, dc in next sp; repeat from *, ending dc in 3rd ch at end of row.

Row 3: Ch 4 (count as dc and ch 1), *dc in next ch-1 sp; repeat from *, ending dc in 3rd ch at end of row.

Row 4: Repeat Row 2.

Row 5: Ch 4, dc in ch-1 sp, ch 9, *dc in next ch-1 sp, ch 1; repeat from *, ending dc in 3rd ch at end of row.

Row 6: Ch 3, dc in ch-1 sp, (ch 1, dc in next ch-1 sp) 6 times, ch 4, sc in 5th ch from ch 9 on previous row, ch 4, dc in next ch-4 sp, ending dc in 3rd ch at end of row.

Row 7: Ch 8, sc in ch before sc, sc in sc, sc in next ch, ch 4, *dc in next ch-1 sp, ch 1; repeat from *, ending dc in 3rd ch at end of row.

Row 8: Ch 3, dc in ch-1 sp, (ch 1, dc in next ch-1 sp) 5 times, ch 3, sc in ch before sc, sc in 3 sc, sc in next ch, ch 3, dc in sp, ending dc in 3rd ch at end of row.

Row 9: Ch 6, sc in ch before sc, sc in 5 sc, sc in next sc, ch 2, *dc in next ch-1 sp, ch 1; repeat from * ending dc in 3rd ch at end of row.

Row 10: Ch 3, dc in ch-1 sp, (ch 1, dc in next ch-1 sp) 4 times, ch 1, dc in ch-2 sp, ch 2, sc on 7 sc, ch 2, dc in sp, ending dc in 3rd ch at end of row.

Row 11: Ch 7, sc in 7 sc, ch 3, *dc in next ch-1 sp, ch 1; repeat from *, ending dc in 3rd ch at end of row.

Row 12: Ch 3, dc in ch-1 sp, (ch 1, dc in next ch-1 sp) 4 times, ch 1, dc in ch-3 sp, ch 4, sk 1 sc, sc in 5 sc, sk 1 sc, ch 4, dc in sp, ending dc in 3rd ch at end of row.

Row 13: Ch 9, sk 1 sc, sc in 3 sc, sk 1 sc, ch 5, dc in ch-4 sp, *ch 1, dc in next ch-1 sp; repeat from *, ending ch 1, dc in 3rd ch at end of row.

Row 14: Ch 3, dc in ch-1 sp, (ch 1, dc in next ch-1 sp) 5 times, ch 1, dc in ch-5 sp, ch 5, sk 1 sc, sc in sc, sk 1 sc, ch 5, dc in sp, ending dc in 3rd ch at end of row.

Row 15: Ch 4, (dc in ch-5 sp, ch 1) 2 times, *dc in next ch-1 sp, ch 1; repeat from *, ending dc in 3rd ch at end of row.

Repeat from Row 2 four more times, or for desired length. Then, work Rows 2 and 3 twice. Do not fasten off.

Picot Trim: At side edge, working in each dc row, *work 2 sc each in 2 rows, ch 4, sl st to first ch (picot); repeat from * to lower edge of band. Work in sc across lower edge to other side.

Scalloped Trim: On side edge, working in each dc row, (sc in 2 rows, in next row work 7 dc) 3 times, *sc in next row, (7 dc in 1 row, sc in next 2 rows) 4 times, 7 dc in next row; repeat from * to end of row. Fasten off.

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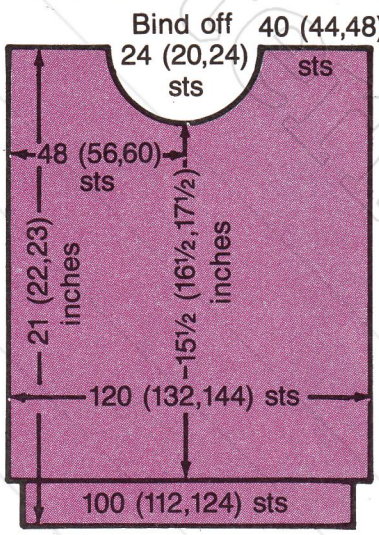
ALL-OCCASION MULTI-COLOR SHELL

Fashionable for sightseeing to partying with just an accessory change

Wear this knit shell with a swirling, bright chiffon skirt for evening, a casual skirt or culottes for sightseeing by day. You'll want to include this versatile top in your wardrobe.

Directions are given for Small-Medium with Large and Extra Large in parentheses. You will need 8 (9,10) skeins Crystal Palace "Waikiki" yarn and numbers 4 and 6 knitting needles or size needed to achieve given gauge. You will also need a 24-inch number 4 circular needle, a tapestry needle and shoulder pads (optional). "Waikiki" is a colorful yarn of 65% rayon/35% cotton in 50-gram balls of 100 yards each.



Back and Front

Gauge: 6 sts equal 1 inch in stockinette. (This gauge is similar to sport yarn on number 6 needles.)

Measurements:	**S/M**	**L**	**XL**
Actual Bust (in.)	34-38	38-42	42-46
Finished Size	40	44	48

Trinity Stitch: Row 1: (Right Side) P.

Row 2: *(K 1, p 1, k 1) in same st; p 3 tog; repeat from * across.

Row 3: Repeat Row 1.

Row 4: *P 3 tog, (k 1, p 1, k 1) in same st; repeat from * across.

Back: With smaller needles, cast on 100 (112,124) sts. Work in ribbing (k 1, p 1) for 1-1/2 inches, inc 20 sts evenly spaced across last row — 120 (132,144) sts. Change to larger needles and work in Trinity st until piece measures 15-1/2 (16-1/2,17-1/2) inches from beginning, ending with wrong side row.

Neck Shaping: Keeping to established pattern, work 48 (56,60) sts; drop yarn and join a new ball. Bind off center 24 (20,24) sts, work to end of row. Working each side at same time shape each neck edge as follows: Bind off 4 sts 2 (3,3) times — 40 (44,48) sts remain for each side. Work even until piece measures 21 (22,23) inches from beginning. Bind off remaining sts.

Front: Work same as back.

Finishing: (**Note:** Choose an untextured sport weight yarn of a blending color for the finishing work.) Join shoulder seams.

Neckband: With right side facing, and circular needle, begin at right shoulder seam and pick up and k 117 (121,125) sts. Join and mark for beginning of rnd. Work in ribbing for 1/2 inch. Bind off loosely in ribbing. Sew side seams from the ribbing up 13 (13-1/2,14) inches, leaving an 8 (8-1/2,9) inch armhole opening. No finishing around armholes is necessary. Weave in loose ends. Sew in shoulder pads, if desired.

ANN E DESIGNS

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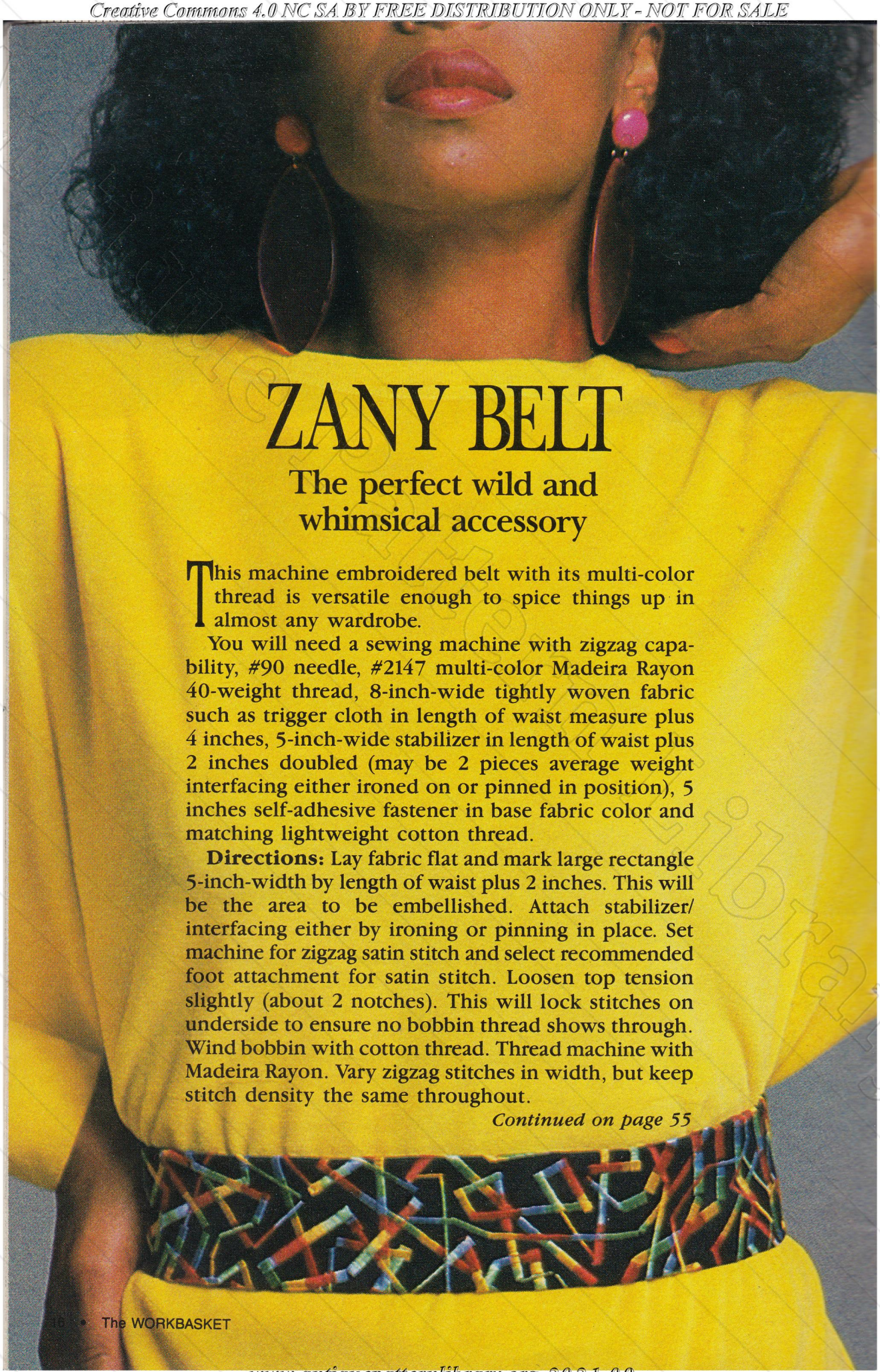

ZANY BELT

The perfect wild and whimsical accessory

This machine embroidered belt with its multi-color thread is versatile enough to spice things up in almost any wardrobe.

You will need a sewing machine with zigzag capability, #90 needle, #2147 multi-color Madeira Rayon 40-weight thread, 8-inch-wide tightly woven fabric such as trigger cloth in length of waist measure plus 4 inches, 5-inch-wide stabilizer in length of waist plus 2 inches doubled (may be 2 pieces average weight interfacing either ironed on or pinned in position), 5 inches self-adhesive fastener in base fabric color and matching lightweight cotton thread.

Directions: Lay fabric flat and mark large rectangle 5-inch-width by length of waist plus 2 inches. This will be the area to be embellished. Attach stabilizer/interfacing either by ironing or pinning in place. Set machine for zigzag satin stitch and select recommended foot attachment for satin stitch. Loosen top tension slightly (about 2 notches). This will lock stitches on underside to ensure no bobbin thread shows through. Wind bobbin with cotton thread. Thread machine with Madeira Rayon. Vary zigzag stitches in width, but keep stitch density the same throughout.

Continued on page 55

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CRUISE LAP THROW

INTERMEDIATE

To ward off a chill, whether on a cruise ship or curled in your living room armchair, cover yourself with this afghan, knit in a combination of shell and gull stitches. Finished measurement of this lap size throw is 39-1/2x49 inches. Use 2 balls Aqua Sea (A), 4 balls Turquoise Sea (B), 2 balls Bisque (C) Patons "Canadiana" yarn, Susan Bates numbers 7 and 9 knitting needles and a cablestitch holder. "Canadiana" is 100% acrylic, washable and dryable.

Gauges: Pattern 1: 18 sts equal 4 inches
24 rows equal 4 inches
Pattern 2: 19 sts equal 3-1/2 inches
24 rows equal 4 inches

Pattern 1: Lucinda Shell Stitch (multiple of 9 sts)

Row 1 (Right Side): K 5, *yo, k 8, yo, k 1; repeat from * to last 4 sts, k 4 — 53 sts.

Row 2: P 3, k 3, *p 8, k 3; repeat from * to last 3 sts, p 3.

Row 3: K 6, *yo, k 8, yo, k 3; repeat from * to last 3 sts, k 3 — 61 sts.

Row 4: P 3, k 4, *p 8, k 5; repeat from * to last 15 sts, p 8, k 4, p 3.

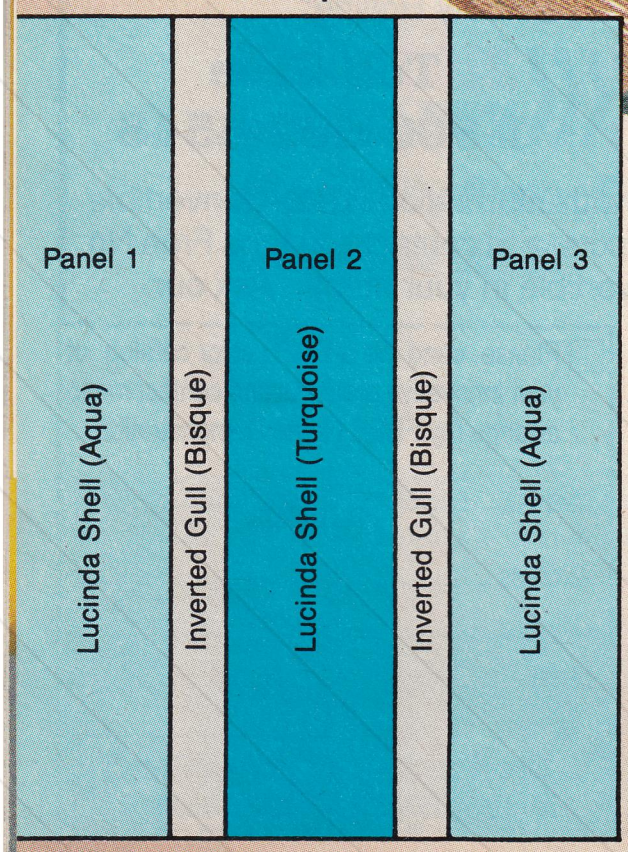
Row 5: K 7, *yo, k 8, yo, k 5; repeat from * to last 2 sts, k 2 — 69 sts.

Row 6: P 3, k 5, *p 8, k 7; repeat from * to last 16 sts, p 8, k 5, p 3.

Row 7: K 8, *k 4 tog tbl, k 4 tog, k 7; repeat from * to last st, k 1 — 45 sts.

Row 8: P 3, k to last 3 sts, p 3.

Note: The number of sts given refers



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to the basic number and does not include those made in pattern increases as indicated.

Panel 1: With smaller needles and B cast on 50 sts and k 7 rows. Change to larger needles and work in Pattern 1, working an extra 5 sts in garter st (k each row) at left side of strip, until approximately 48 inches from beginning, end with Row 8. Change to smaller needles and k 7 rows. Bind off.

Panel 5: Work same as panel 1 EXCEPT work the 5 sts of garter st edging on right side of strip.

Panel 3: With smaller needles and A, cast on 45 sts and k 7 rows. Change to larger needles and work in pattern 1 until approximately 48 inches from beginning, end with Row 8. Change to smaller needles and k 7 rows. Bind off.

Pattern 2: Inverted Gull Stitch (worked on 19 sts).

Row 1 (Right Side): K 3, p 2, k 9, p 2, k 3.

Row 2: P 3, k 2, p 9, k 2, p 3.

Row 3: K 3, p 2, sl next st to cable holder and leave at front of work, k 3 then k 1 from holder, k 1, sl next 3 sts to cable holder and leave at back of work, k 1, then k 3 from holder, p 2, k 3.

Row 4: Repeat Row 2.

Repeat Rows 1-4 for pattern until approximately 48 inches from beginning, ending with pattern Row 4. Change to smaller needles and k 7 rows. Bind off.

Panels 2 and 4: With smaller needles and C cast on 19 sts and k 7 rows. Change to larger needles and work Pattern 2.

Finishing: Sew panels 1-5 tog following diagram.

SUE MATTSON

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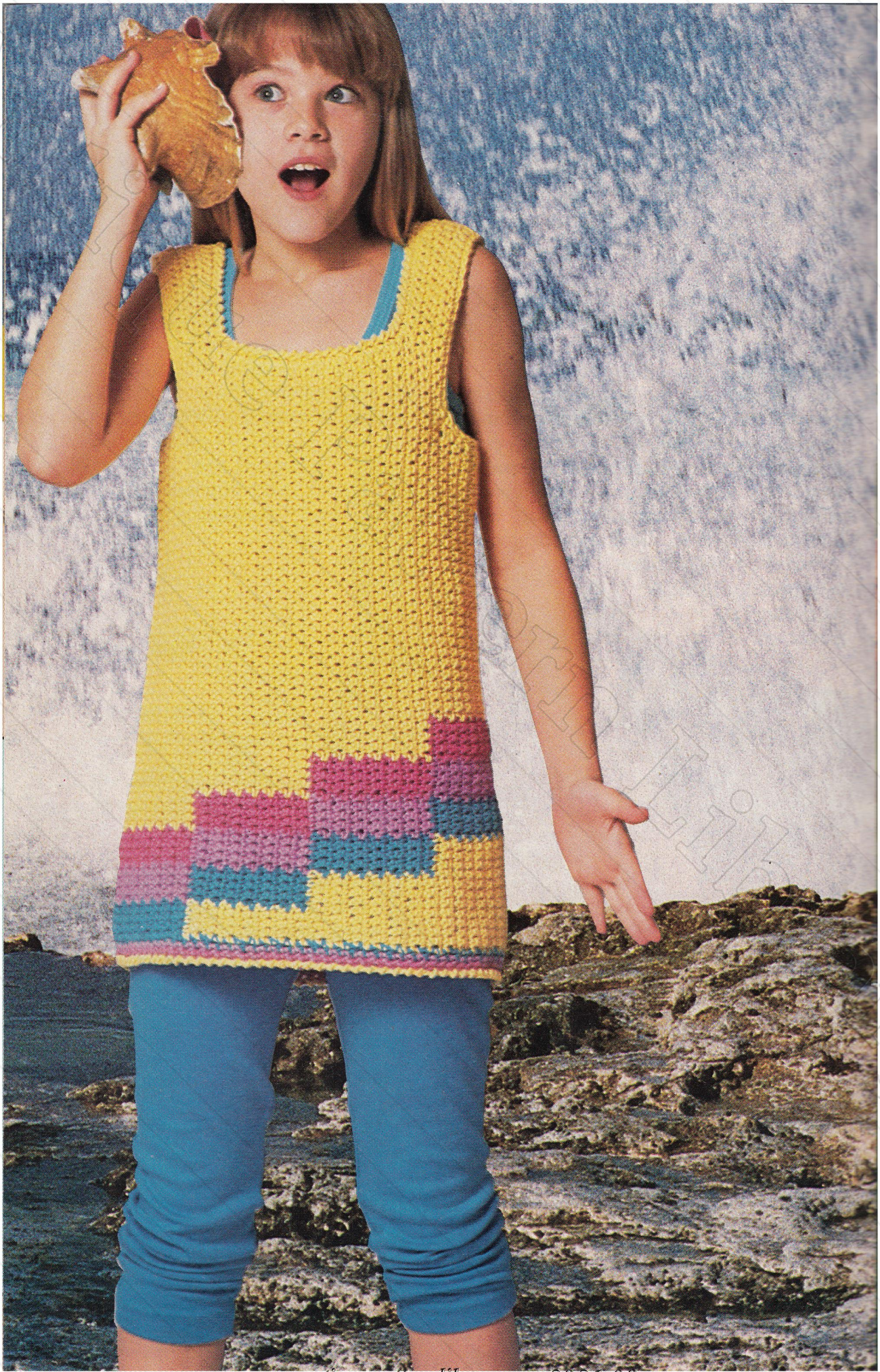

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GIRL'S CASUAL SPORT TOP

Crocheted for vacation sun and fun times

INTERMEDIATE

Directions are given for one size only with a finished chest measurement of 30 inches. You will need 4 balls Lily "Sugar 'n Cream" 4 ply cotton yarn in yellow (MC), 1 ball each pink (CC#1), lavender (CC#2) and blue (CC#3), and a size G crochet hook.

Note: This garment is worked from side to side.

Gauge: 3 sts equal 1 inch
7 rows equal 2 inches

Front: Beginning at right side underarm, with MC ch 39, with CC#1 ch 4, with #2 ch 4, with #3 ch 5.

Foundation Row: (Right Side) Work 51 sc matching colors. Continue until 2-1/2 inches from beginning. At end of row, armhole edge, ch 25. Working on 75 sts, continue until 3-3/4 inches from beginning.

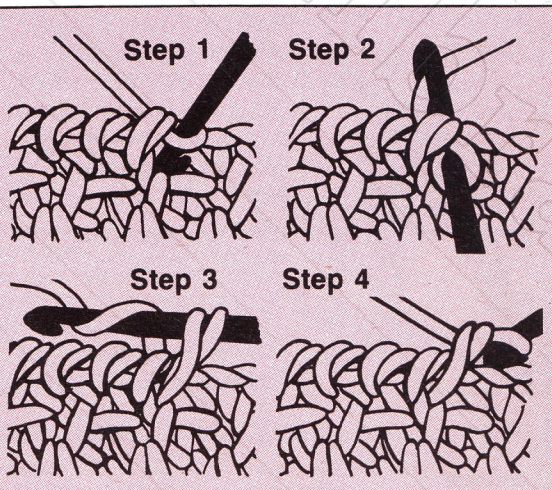
Neck Shaping: At bottom, work 4 sc MC, then work color rectangles in color sequence of #3, 4 sts; #2, 4 sts; #1, 4 sts; sc in MC for 41 more sts. Ch 1, turn. Continue on 57 sts, changing color rectangles every 3-3/4 inches. Work until neck is 6-1/2 inches across. Ch 19 for other shoulder strap. Work on 75 sc until strap is same as other side and continue to change color rectangles as established. From bottom work 51 sts to underarm. Complete same as other side. Fasten off.

Back: With MC, ch 26, CC#1 ch 4, #2 ch 4, #3 ch 4, MC ch 13. Work on 51 sts matching colors and working same as front until neck shaping.

Neck Shaping: Work 8 sts in MC, work color rectangles in sequence #3, #2, #1, then 43 sc in MC. Ch 1, turn. Continue on 63 sts until neck is 7 inches across. Ch 13 for other shoulder strap. Continue same as front, being sure to change color rectangles every 3-3/4 inches and lowering 4 sts down garment each time. Fasten off.

Sew shoulders and sides matching colors.

Finishing Edges: Armhole: At corner



Reverse Sc: Join yarn in last st at left (turning) of starting ch, ch 1, *insert hook in next st to right, yarn over and pull through, yarn over and pull through 2 lps on hook for sc, repeat from * across.

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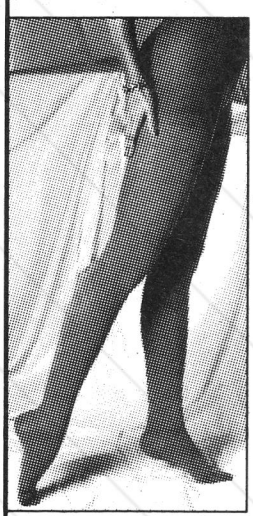

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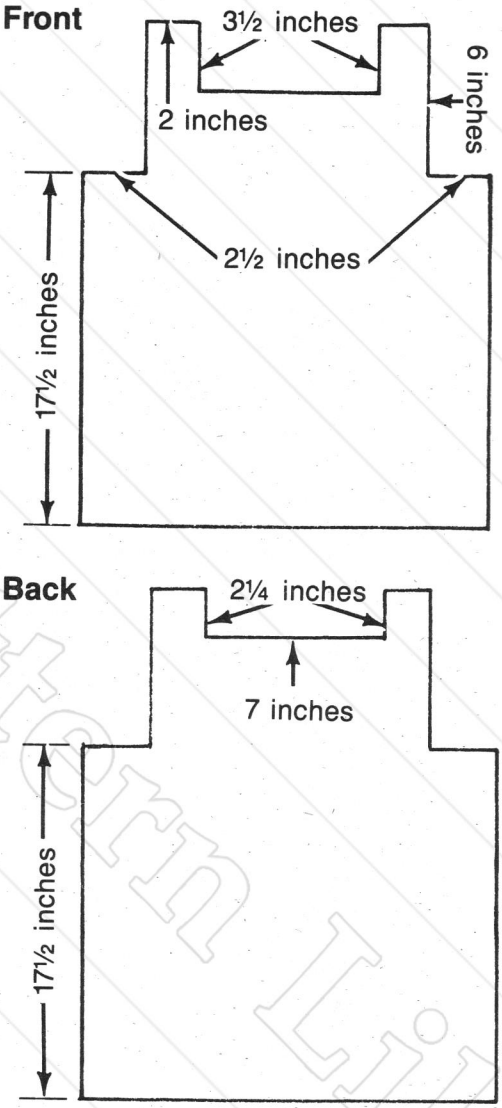

of outside edge sc around, dec one st at shoulder and dec one st every other st at underarm, sl st, ch 1, do not turn. Sl st around. Fasten off.

Neck: Starting at shoulder edge, sc around, dec one st every other st across back of neck, dec one st at shoulder edge and dec one st every other st across front neck, dec one st at other shoulder edge, sl st, ch 1, do not turn. Return across using reverse sc. Fasten off.

Bottom: Beginning with CC#3, work in *2 sc, dec one st*, ending 2 sc — 83 sts, sl st, change to #2, ch 1, do not turn. Work Rnd 2 on 83 sts changing colors as Rnd 1 to CC#1. Work Rnd 3, change to MC and reverse sc. Fasten off.

GERALDINE FREEDMAN

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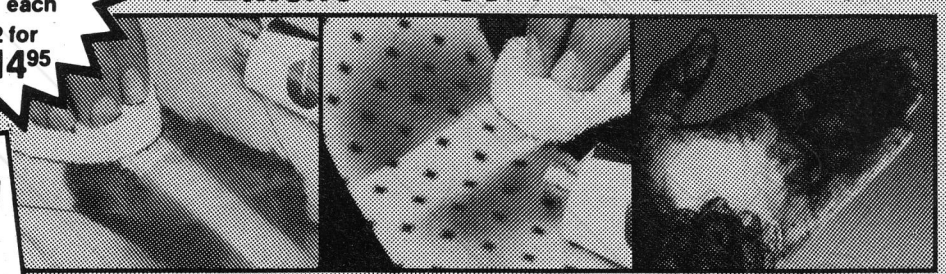

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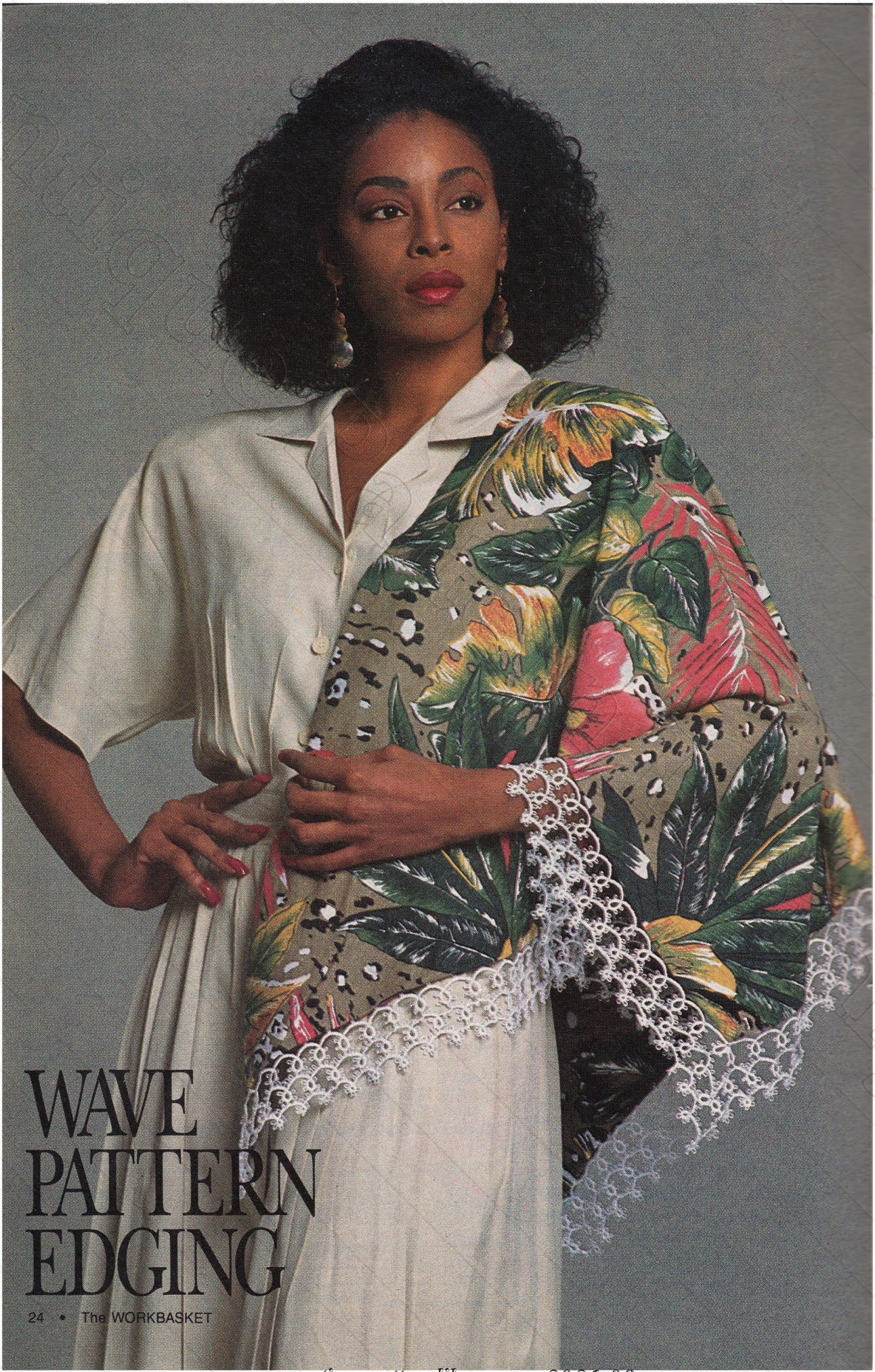

WAVE PATTERN EDGING

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To make this lacy edging use number 10 crochet cotton, a tatting shuttle, a crochet hook if needed, and a shawl measuring 39x58x39 inches.

Abbreviations:

ch (chain)	p (picot)
r (ring)	sep (separate)
cl r (close ring)	rw (reverse work)
ds (double stitch)	rnd (round)

Rnd 1: Join shuttle thread to ball thread. Ch 1 p, 8 ds, rw. *R of 3 ds, 5 p sep by 3 ds, 3 ds, cl r, rw. Ch 8 ds, 1 p, 8 ds.** Repeat from * to corner. End with r of 3 ds, 5 p sep by 3 ds, cl r, at corner. R of 3 ds, join to 5th p of last r, 3 ds, 4 p sep by 3 ds, 3 ds, cl r, rw. Ch 8 ds, 1 p, 8 ds. Repeat from * to ** until desired length.

Rnd 2: Tie ball thread to shuttle thread. *Join to 3rd p of r of first rnd. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw. R of 2 ds, 5 p sep by 2 ds, 2 ds, cl r, rw. Ch 2 ds, 2 p sep by 2 ds.** Repeat from * to corner of shawl. At corner, join ch to 3rd p of last r before corner. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw. R of 2 ds, 5 p sep by 2 ds, 2 ds, cl r, rw. Ch 2 ds, 5 p sep by 2 ds, 2 ds, rw. R of 2 ds, 5 p sep by 2 ds, 2 ds, cl r. R of 2 ds, join to 5th p of last r, 2 ds, 4 p sep by 2 ds, cl r, rw. Ch 2 ds, 5 p sep by 2 ds, 2 ds, rw. R of 2 ds, 5 p sep by 2 ds, 2 ds, cl r, rw. Ch 4 ds, 2 p sep by 2 ds, 2 ds, rw. Repeat from * to ** until desired length.

Rnd 3: Tie ball thread to shuttle thread. *Join to third p of r of second rnd. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw. R of 1 ds, 5 p sep by 1 ds, 1 ds, cl r, rw. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw.** Repeat from * to corner. At corner, join ch to 3rd p of last r before corner. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw. R of 1 ds, 5 p sep by 1 ds, 1 ds, cl r, rw. Ch 2 ds, 5 p sep by 2 ds, 2 ds, rw. R of 1 ds, 5 p sep by 2 ds, 2 ds, cl r, rw. Ch 2 ds, 5 p sep by 2 ds, 2 ds, rw. R of 1 ds, 5 p sep by 1 ds, 1 ds, cl r, rw. Ch 2 ds, 2 p sep by 2 ds, 2 ds, rw. Repeat from * to ** until desired length.

KAREN FERRELL

TRANSFER DESIGNS

Some of you are lucky enough to escape to warmer climes during the bitter winter weather. But, for those of us who must bear the brunt of the wind and snow, thoughts of sun and bright colors are a cheerful change. These transfer patterns can be stitched or textile painted to add vacation excitement to sweatshirts, T shirts, tote-bags or any item you would like. They give happy thoughts during these dismal, cold days.

In using an iron to transfer design to material, make a test first to determine proper heat and time. First, heat iron very hot but safely below scorching. Cut a small test design and place (print side down) on material. Protect fabric by placing tissue paper, brown wrapping paper or a press cloth over design. Press, moving iron constantly over surface to distribute heat evenly. If iron is at proper temperature, several seconds are required; if not hot enough, it may take a minute or more to get a good stamping. Stamping comes off SLOWLY and is faint at first. Press until clear.

When test results are satisfactory, cut out desired design and pin or baste in place, proceeding as described.

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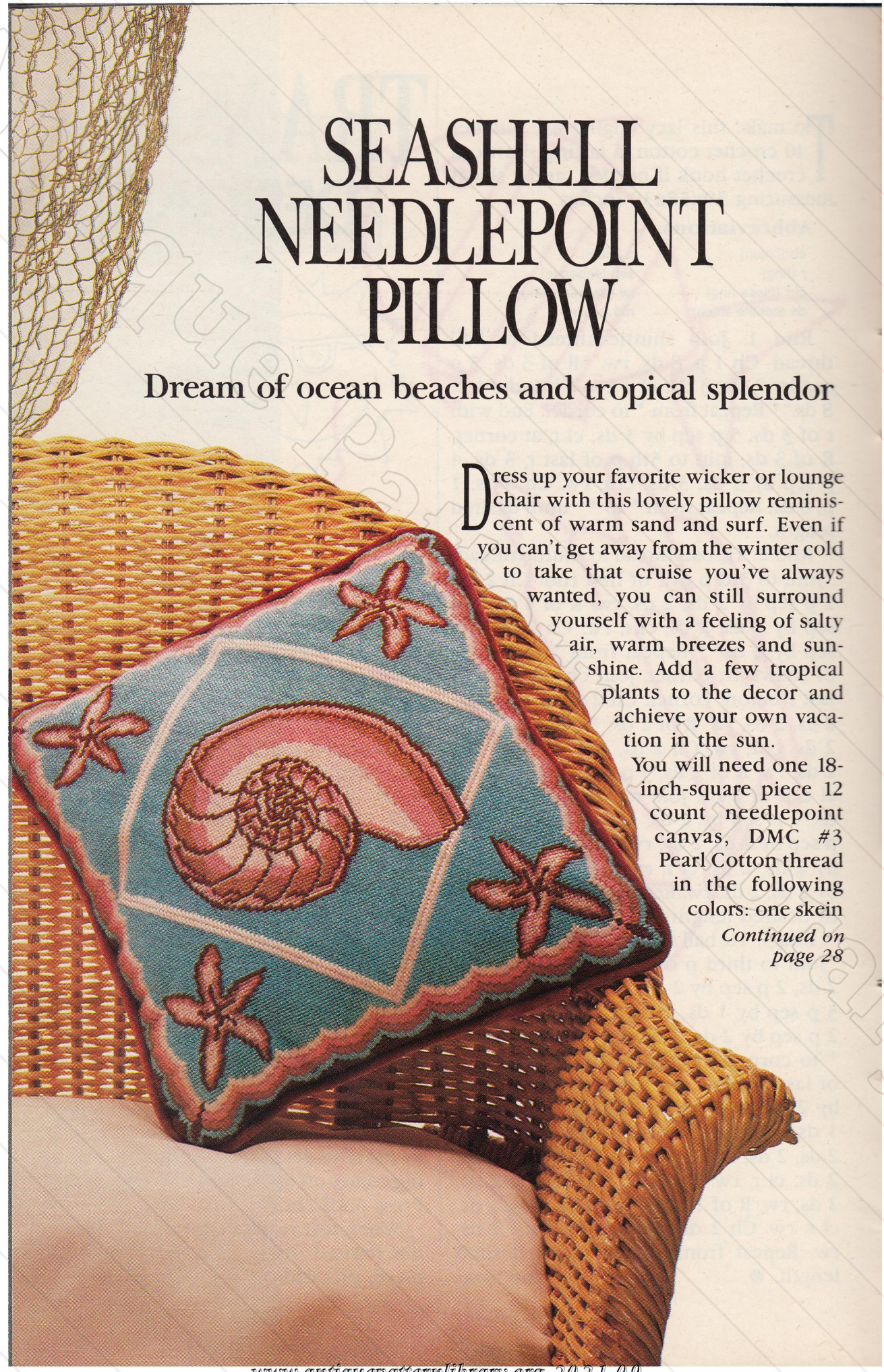
SEASHELL NEEDLEPOINT PILLOW

Dream of ocean beaches and tropical splendor



Dress up your favorite wicker or lounge chair with this lovely pillow reminiscent of warm sand and surf. Even if you can't get away from the winter cold to take that cruise you've always wanted, you can still surround yourself with a feeling of salty air, warm breezes and sunshine. Add a few tropical plants to the decor and achieve your own vacation in the sun.

You will need one 18-inch-square piece 12 count needlepoint canvas, DMC #3 Pearl Cotton thread in the following colors: one skein

Continued on page 28

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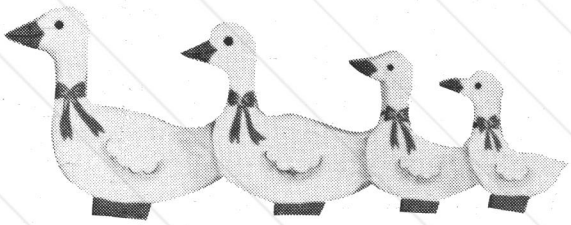

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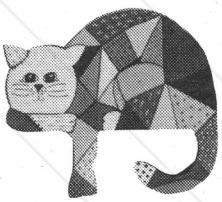

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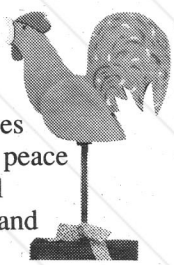

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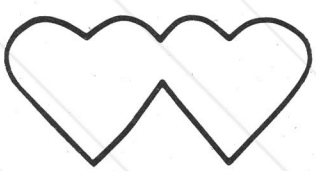
- Sconces for walls and holders for candles, chickens and puppies and quiet village scenes



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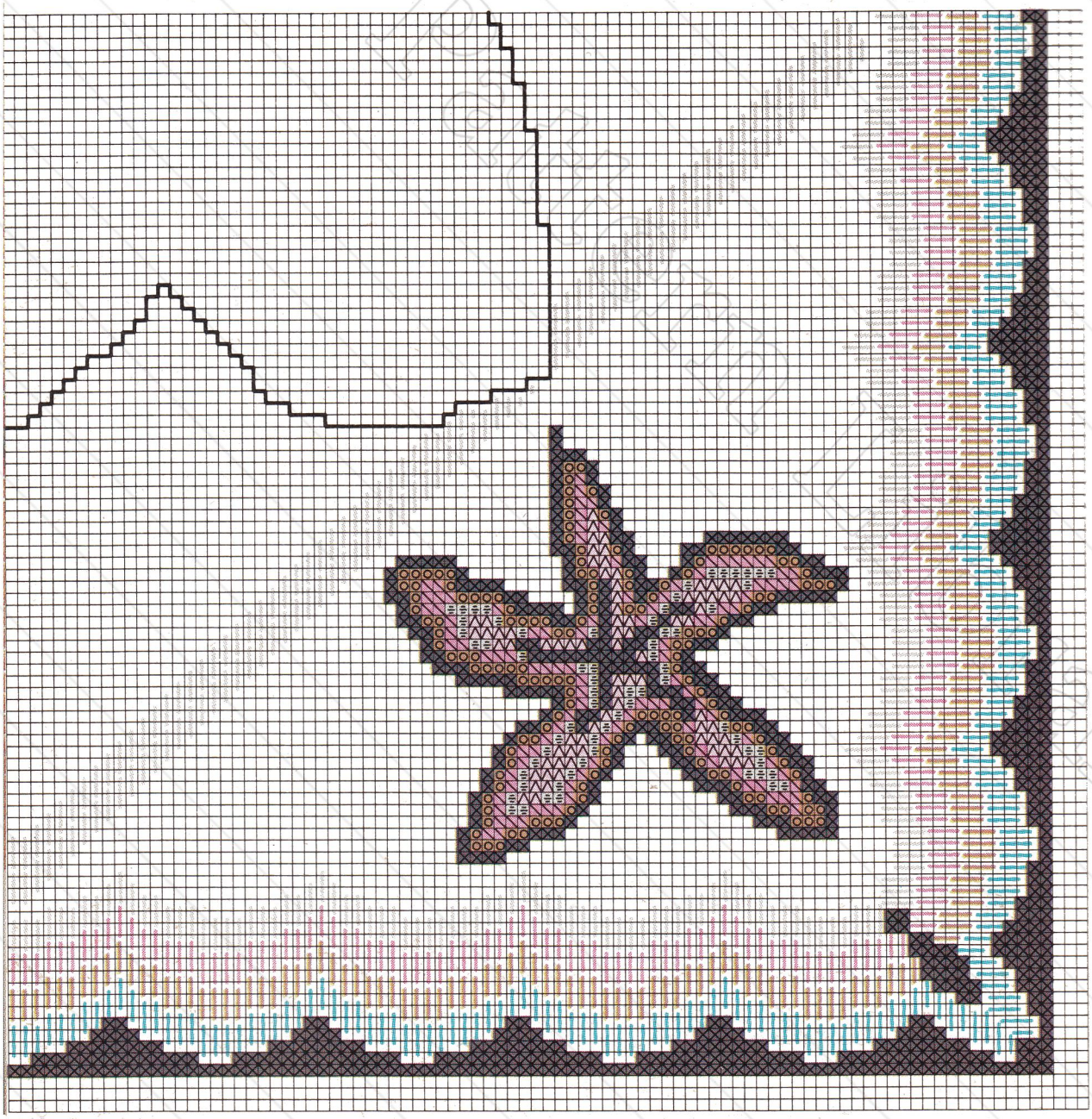
Continued from page 26

Blush #754 and 7 skeins Blue #597, Laine Colbert tapestry yarn in the following colors: 5 skeins Rust #7700, 3 skeins Tan #7174, 4 skeins Coral #7852, 4 skeins Ivory #7191 and 2 skeins Blue #7597, #18 tapestry needles, 2 pairs 18-inch stretcher bars, one piece 16x10-inch and one piece 16x8-inch backing fabric, 1-3/4 yards cording (may be made from bias strips backing fabric), 12-inch zipper and one 14-inch square pillow form.

Mark 14-inch square on canvas and stretch on bars (stretcher bars eliminate canvas distortion), using staples or thumb tacks. Pillow is worked in basket weave, continental and long stitches. Follow

Continued on page 30

Brown
Coral
Ivory
Tan
Pearl (coral)
Blue



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Continued from page 30

Brown
Coral
Ivory
Tan
Pearl (coral
Blue

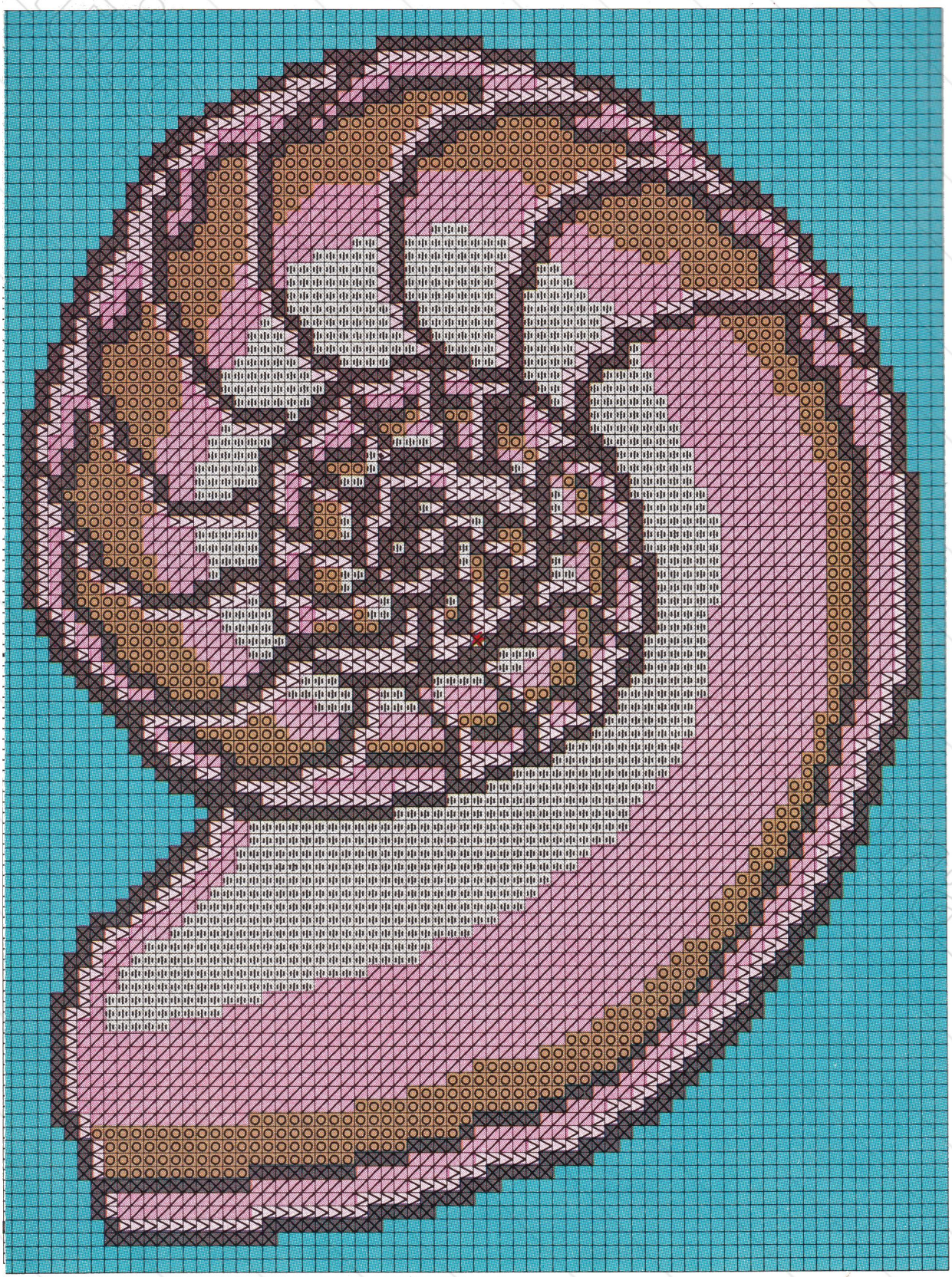

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chart for color and stitch variations. Work areas **in order** as follows:

Seashell: Find center of canvas and begin with center stitch as shown on seashell diagram.

Diamond Border: From same center, count 66 stitches in direction of arrows to locate innermost corner of interior diamond border.

Scalloped Border: Count two stitches from outside corner of diamond border at top of pillow and begin scallops.

Starfish: Each starfish may be placed as desired within the open corners of canvas between borders.

Fill in background with blue. Final brown border is worked last, which gives a stitching margin.

To assemble pillow, stitch cording (raw edges to outside) to pillow front using zipper foot. Stitch zipper between sections of back. Unzip a few inches and stitch to front, right sides together. Unzip, turn and insert pillow form.

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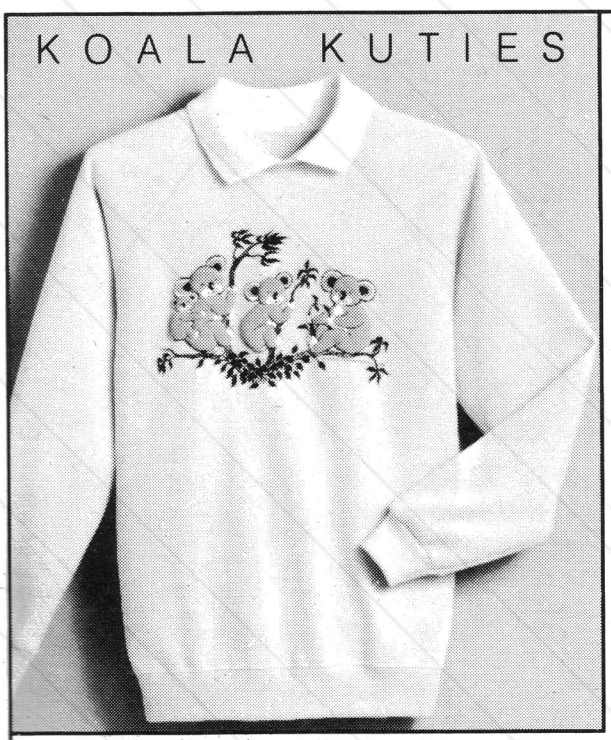

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Spattered visor: Follow manufacturer's directions for preparing paints. Randomly squirt several colors of paint onto visor. Let dry completely.

Geometric painted visor: Follow manufacturer's directions for preparing paints. Using paint brush, make circles, triangles, squares and rectangles over brim, changing colors and sizes of shapes as desired. Let dry about six hours due to thickness of paint.

Ribbon-trimmed visor: Coat back of ribbon with fabric glue and lay randomly over and across brim. Overlap raw edges with other strips of ribbon and glue any overhanging edges under brim for a finished look. Glue on ribbon roses as desired.

MARIA FILOSA

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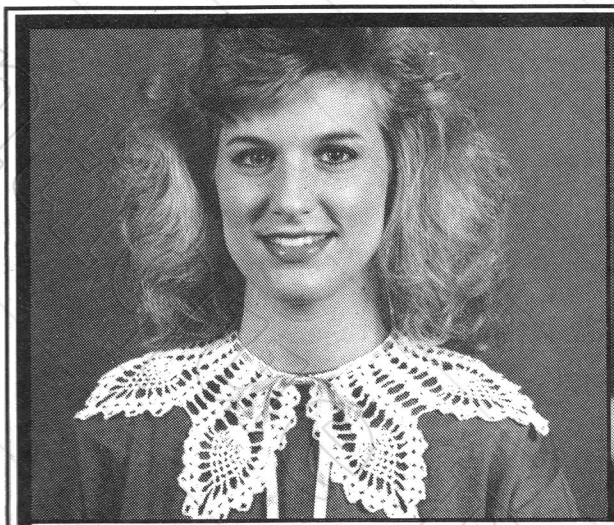

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Begin by sanding any rough edges from bracelets. Be sure to wipe off all dust before applying primer coat (sealer). Apply one coat primer and allow to dry (24 hours for best results). The bracelets shown were painted using a variety of techniques. For bracelets with straight line geometric shapes, lay masking tape down on flat surface and draw lines with ruler. Carefully lift tape from surface and apply to bracelet. With hobby knife, cut away along lines in varied patterns to form a stencil. Paint open areas with desired colors.

Remove tape. Small dots of color are easily added with tip of paintbrush. Splashes of random color can be achieved by splattering with paint-filled toothbrush. Experiment with sponge textures, blow at paint through a straw or stamp with any decorative shape. When painting is completed, allow to dry thoroughly and finish with a coat of varnish, following manufacturer's instructions for maximum results.

MICKEY SPEIR

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HAWAIIAN APPLIQUE

Bring good luck to your home with this lovely Hawaiian breadfruit wall quilt.

The fruit of the breadfruit tree is a staple food in the tropics. According to old Hawaiian custom, your house will never be without food if your first quilt is the "Breadfruit" quilt.

You will need 3/4 yard 45-inch-wide white cotton for front and backing, one yard teal blue for appliqué and binding and 3/8 yard bold print for borders. You will also need a 24-inch square

Continued on page 40

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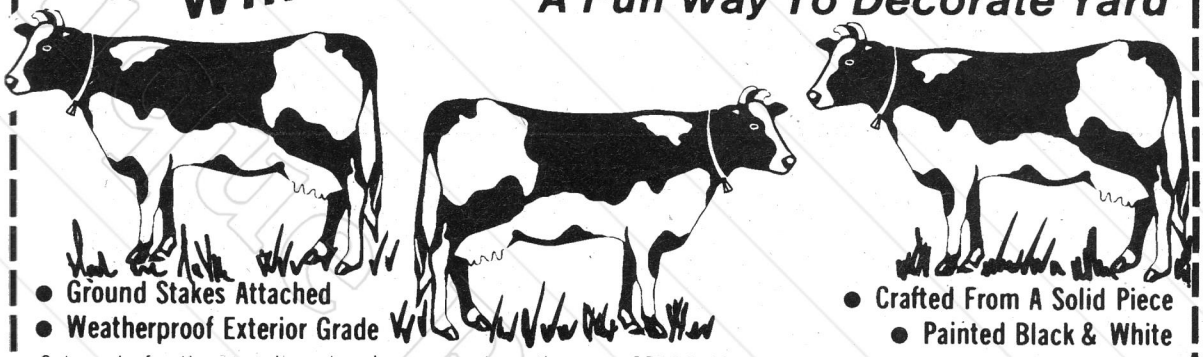
Head Turning . . . Giant Sized . . .

Black & White COUNTRY COWS

A Fun Way To Decorate Yard



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- Weatherproof Exterior Grade
- Crafted From A Solid Piece
- Painted Black & White

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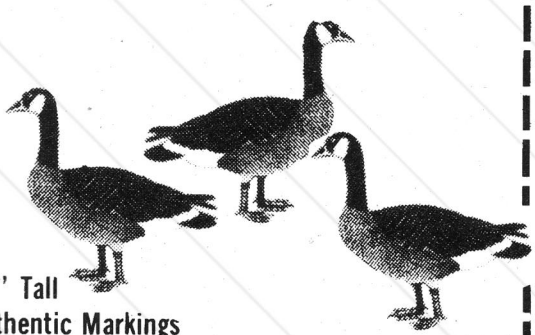

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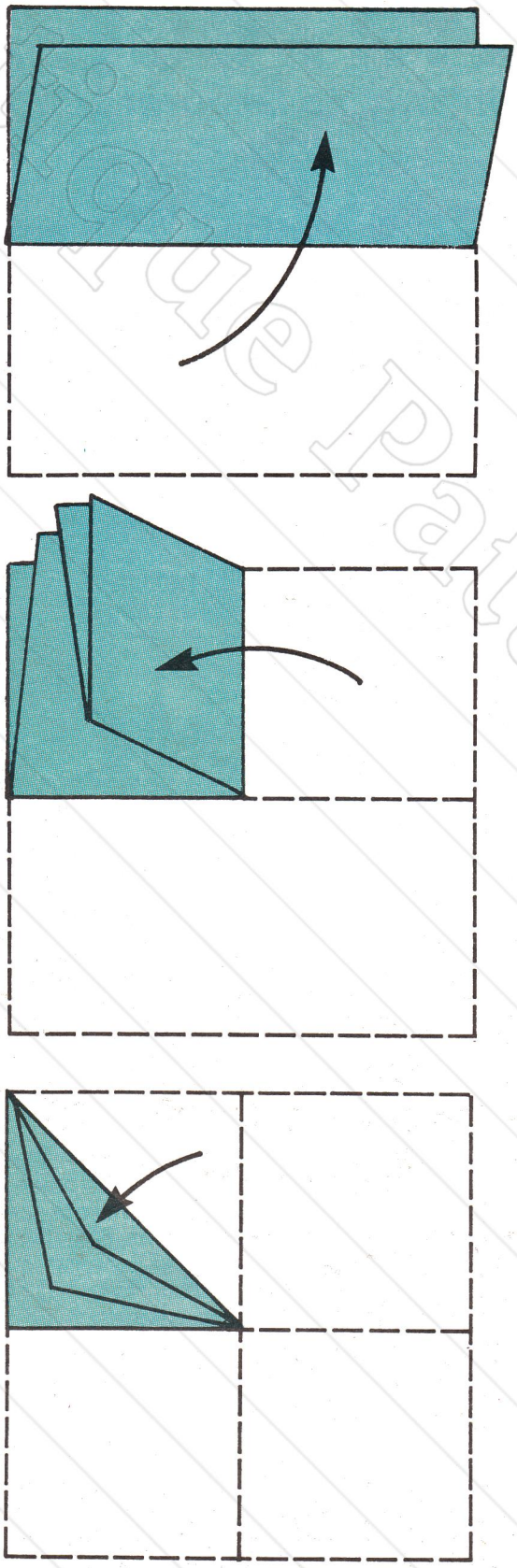
Diagram 1: Folding directions for freezer paper.



Continued from page 38

bonded polyester batting, regular sewing thread for piecing and basting, teal blue thread for appliqué, white quilting thread, 15-inch square freezer paper, iron, pins, thimble, needles and masking tape.

Finished piece measures 21x21 inches.

Note: Wash and press all fabrics before beginning.

Appliqué: Although freezer paper appliqué method is used here, any method may be substituted.

Step 1: Cut a 15-inch-square piece freezer paper. Fold into eighths, shiny side in (Diagram #1).

Step 2: Center breadfruit design (Diagram #2) on folded triangle with long straight edge of design placed on long diagonal fold of paper. Trace around design.

Step 3: Cut carefully around design through all 8 layers of folded paper. Unfold to single thickness to reveal design.

Step 4: Cut a 16-inch square from teal blue fabric. Place shiny side of freezer paper design on wrong side of teal square (right and wrong sides of teal fabric may appear the same). Pin in place. With warm iron, lightly press directly on center of paper pattern to adhere to teal fabric. Remove pins before pressing entirely.

Step 5: Cut around pattern, allowing about 1/8 inch of fabric along edges.

Step 6: Cut an 18-inch square of white background fabric. Fold and lightly press into fourths and along diagonal; open. Center breadfruit design on square, paper side down and teal blue side up. Pin in place. Paper will be removed later. Carefully baste from center out, about 1/2 inch inside raw edges of design.

Use thread to match color of appliqué. Begin near center and appliqué with tiny, even, invisible stitches, folding under 1/8-inch allowance with needle continuing along edge of paper. It may be necessary to clip seam allowances in corners between leaves. Stitch around each leaf and fruit. Work from center out whenever possible.

Paper Removal: CAREFULLY make slit in white background fabric behind

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each leaf and fruit. Use fingers to loosen paper from fabric, tugging gently. A blunt object may be used to loosen paper from tips of leaves and stems.

Optional: Slits may be stitched closed in white background fabric with loose overcast stitches.

Press appliquéd square.

Borders: Trim white square to measure 17-1/2 inches (including 1/4-inch seam allowances). Cut four 2-1/2x22-inch border pieces. Stitch border to each side of appliquéd block using 1/4-inch seams. Miter corners. Press seams toward square. If seam allowances of border fabric "shadow" behind white square, carefully trim slightly narrower than seam width of white fabric.

Quilting: Cut a 24x24-inch white backing square and press. Lay on flat surface and tape in place. Smooth 22x22-inch piece batting over it. Place appliquéd and bordered block over batting, right side up. Pin in place.

Carefully baste all three layers together, stitching from center out, about 2 to 3 inches in each direction.

Quilt with white quilting thread close to edges of appliqué design. Stitch lines about 1/4 to 1/2 inch from each other on white fabric to "echo" shape of leaves and fruit. This "echo" or "contour" quilting is typical of Hawaiian quilting and suggestive of waves, wind, foliage and other natural phenomena. Quilt along borders close to seam lines.

Finishing: Project may be mounted and framed as pictured, made into a pillow or bound in teal blue fabric as follows:

From remaining teal fabric, cut 3-inch-wide bias strips to make double fold binding. Piece strips to about 24 inches for each side. Trim batting to 1/2 inch larger than front. Trim backing to match front. Fold strips in half lengthwise with wrong sides together. Stitch binding to right side of top, working through all layers. Fold binding to back and whipstitch with teal thread. Miter corners.

JUDY FLORENCE

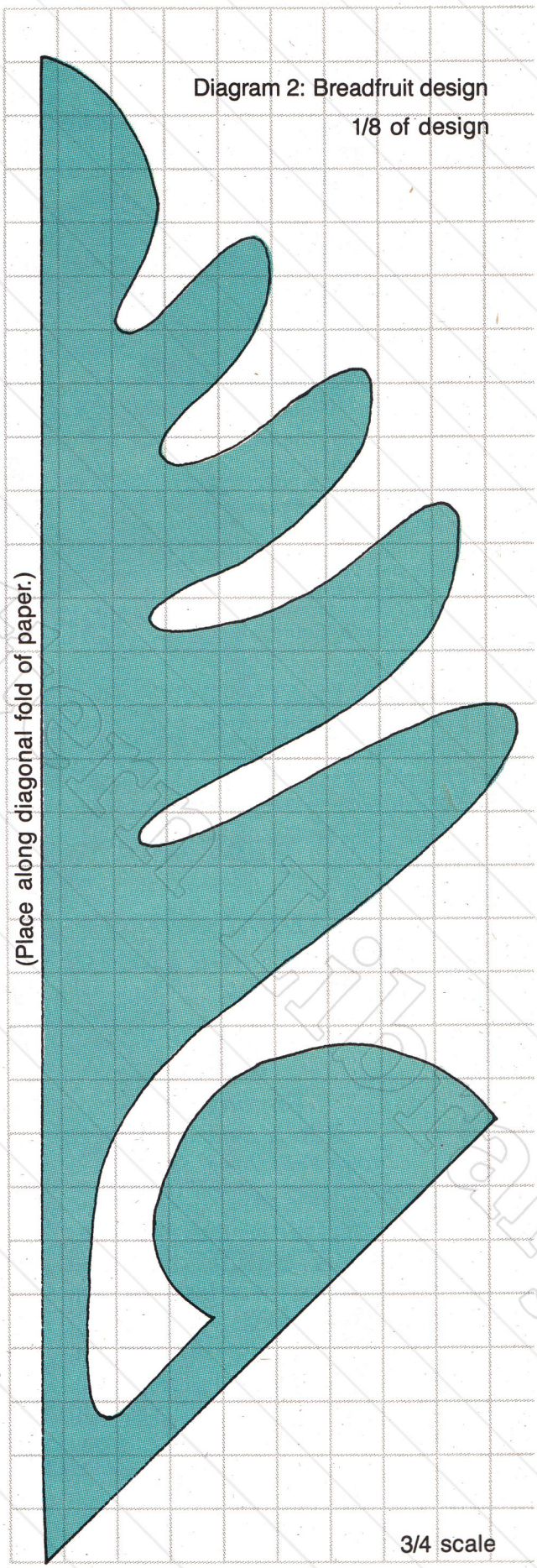

Diagram 2: Breadfruit design
1/8 of design

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FLOWER AND GARDEN

Q What shrub (besides evergreen) can be used close to the house to hide a three-foot foundation? Eaves are wide so growth will get very little moisture. I have used Mexican fire bush effectively but would like something to make dense cover all year round. O.L., IL

A No plant grows satisfactorily under an eave, but a good gardener will plant just beyond the drip line of the eave so his vigorous plants throw branches back toward the house. Japanese hollies are beautiful and quite hardy when grown in deeply-dug, peaty soil. The new dwarf barberries do well as foundation material, and such shorties as *Stephanandra incisa* and most of the *Euonymus fortunei* selections will make a handsome planting. But start them beyond the eave and let their natural spread take care of the space between the plant and the house.

Q What trees can I plant in the rear of my house? There is a sewer line from our septic system as well as the system of the next door neighbor crossing the entire backyard. F.T., WI

A Almost any tree will invade a sewer line, if it is planted very close to it. However, here are some of the trees which do not have a particularly invasive root system: almost any of the oaks, the linden, ash and (if you are interested in ornament more than shade) you might try some of the flowering trees such as the crabs or other ornamental fruit trees. It would be a good idea to avoid such trees

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as the willows, ailanthus and elms since they do have a large and vigorously growing root system.

Q What colorful tall wild flower could I plant at the edge of my woods, where there is afternoon sun? U.W., IA

A A few possibilities are beelam *(Monarda didyma),* blue lobelia *(Lobelia siphilitica),* cardinal flower *(Lobelia cardinalis* — these do best in moist soil), culvers root *(Veronicastrum virginicum),* helenium and various fall asters.

Q What are some flowering shrubs that would make a good hedge? H.R., CA

A The smaller growing acacias make a great informal hedge row. Escallonias are good with their pink, red and white blossoms and many of the callistemons can be planted close together to form a tight mass. Their red blossoms are always attractive. Hedges should be reasonably free from care and these are.

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Ease Up with ISLAND FLAVOR

Whiling away the hours under graceful palms on endless white beaches is arguably the ideal way to enjoy the tropics. But when the mainland is clad in its winter wardrobe and we can't get away to those sun-kissed shores, a little island flavor might be all it takes to cure our winter blues.

Proceed to your kitchen and discover what a difference the exciting taste of fresh ginger can make in an old-time favorite quick-bread. Tender and slightly sweet, this Ginger Banana bread is richer than a traditional banana-nut bread. The secret to its delightful peppery-spicy flavor is a generous measure of grated fresh Hawaiian ginger in the batter and in the crunchy Ginger-Sugar topping. Serve plain or with Ginger-Butter and pass assorted tropical fruit for a unique breakfast.

GINGER TIPS

- Fresh ginger will keep for months when tightly wrapped and refrigerated.
- For longer storage, wrap in foil and freeze. Frozen ginger grates and slices even more easily than fresh. When using frozen ginger, cut off only as much as you need. Ginger loses quality when thawed and re-frozen.
- Fresh ginger, peeled and immersed in a jar of sherry, will retain its shape and flavor for several months. The ginger will not absorb the sherry taste.
- To prepare, peel the skin with a vegetable peeler or sharp knife. Depending upon your recipe, fresh ginger may be sliced, diced, minced, grated or shredded.
- A little fresh ginger goes a long way. To get just the right ginger taste, start with a small amount, taste test, then add more if needed.

Fresh Hawaiian Ginger Banana Bread

1-1/2 tablespoons grated fresh Hawaiian ginger
1 tablespoon lemon juice
1/2 teaspoon grated lemon peel
1 cup mashed ripe banana (about 3 medium)
1/4 cup milk
1/2 cup flaked coconut or finely chopped nuts
2-1/4 cups sifted all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1/2 cup shortening
3/4 cup sugar
2 large eggs
Ginger-Sugar for topping
Ginger-Butter

Peel skin from ginger; finely grate. Combine with lemon juice and peel, banana, milk, and coconut or nuts. Resift flour with baking powder, baking soda and salt.

Cream shortening and sugar until blended. Add eggs and beat until fluffy. Add sifted dry ingredients alternately with ginger/banana mixture, beating to a smooth, thick batter. Turn into greased loaf pans (two 7-1/2x3-1/2x2-1/2 inches). Let stand while preparing Ginger-Sugar. Sprinkle mixture over top of batter. Bake on first rack below oven center at 350° for 45-50 minutes or until loaf tests done. Remove from oven and let stand in pan for 5 minutes. Then turn out onto rack and let cool. Makes 2 loaves.

Ginger-Sugar

Toss together 2 tablespoons sugar with 2 teaspoons finely grated fresh ginger.

Ginger-Butter

Beat 1/2 cup softened butter with 1 teaspoon grated fresh ginger.

Recipe and Ginger Tips courtesy of Hawaii State Department of Agriculture in conjunction with the islands' ginger growers.

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FISH WITH A TROPICAL FLAIR

Island cuisine is known for its delicate blend of spicy mixtures, its hot peppery flavors and for its simplicity and imagination. With the increased variety of exotic produce and fish available at our local markets, we are able to try the flavors of those far-away places at home.

All of the following recipes are healthful and light — qualities that top the list of what's popular to cook and eat today. In addition, they are flavorful and filling and will let you bring delicious dishes with tropical flair to your table.

Recipes courtesy of Hawaii Seafood, Ocean Resources Branch, DBED, Hawaii

Hawaiian Aku with Tropical Fruit

3-5 ounces Hawaiian aku (skip jack tuna), smoked or cooked, cut into chunks
Radicchio leaves or lettuce leaves
1 papaya, peeled, sliced and seeds reserved
Selection of tropical fruit: pineapple, starfruit, mango and kiwi

Papaya Seed Dressing

1/3 cup tarragon vinegar
1/3 cup sugar
1/2 teaspoon salt
1 teaspoon dry mustard
2/3 cup oil
1/2 onion, coarsely chopped
1-1/2 tablespoons fresh papaya seeds

Place cooked fish in radicchio leaves on individual serving plates. Arrange selection of fruit on plate. Serve immediately with Papaya Seed Dressing. Makes 2 servings.

To make dressing, place vinegar, sugar, salt and dry mustard in a blender. With machine running, add oil in a steady stream until dressing has thickened. Add onions and papaya seeds and process until seeds resemble coarsely ground pepper. Makes 1-1/2 cups.

Peppered Hawaiian Aku with Herbed Vegetables

1-1/2 pounds Hawaiian aku fillet (skip jack tuna)
2 tablespoons black peppercorns, coarsely cracked
3 tablespoons olive oil
1/2 cup sweet onions, diced
1/4 cup carrots, chopped
1/4 cup celery, chopped
2 garlic cloves, finely minced
4 large tomatoes, coarsely chopped
2 tablespoons tomato paste
2 tablespoons basil, chopped
1/2 teaspoon salt
1/4 teaspoon ground pepper
1 tablespoon butter

Remove skin and bones from fish fillet. Cut into 4 serving portions. Coat each piece with cracked black pepper; set aside. Prepare herbed vegetables in a skillet by heating 2 tablespoons of the olive oil; sauté onions, carrots and celery for 5 minutes. Add garlic and sauté for 1 minute. Add tomatoes, tomato paste, basil, salt and pepper; simmer gently for about 15 minutes. Heat remaining tablespoon olive oil and butter in a heavy skillet. Cook fish 6-8 minutes, turning once, or

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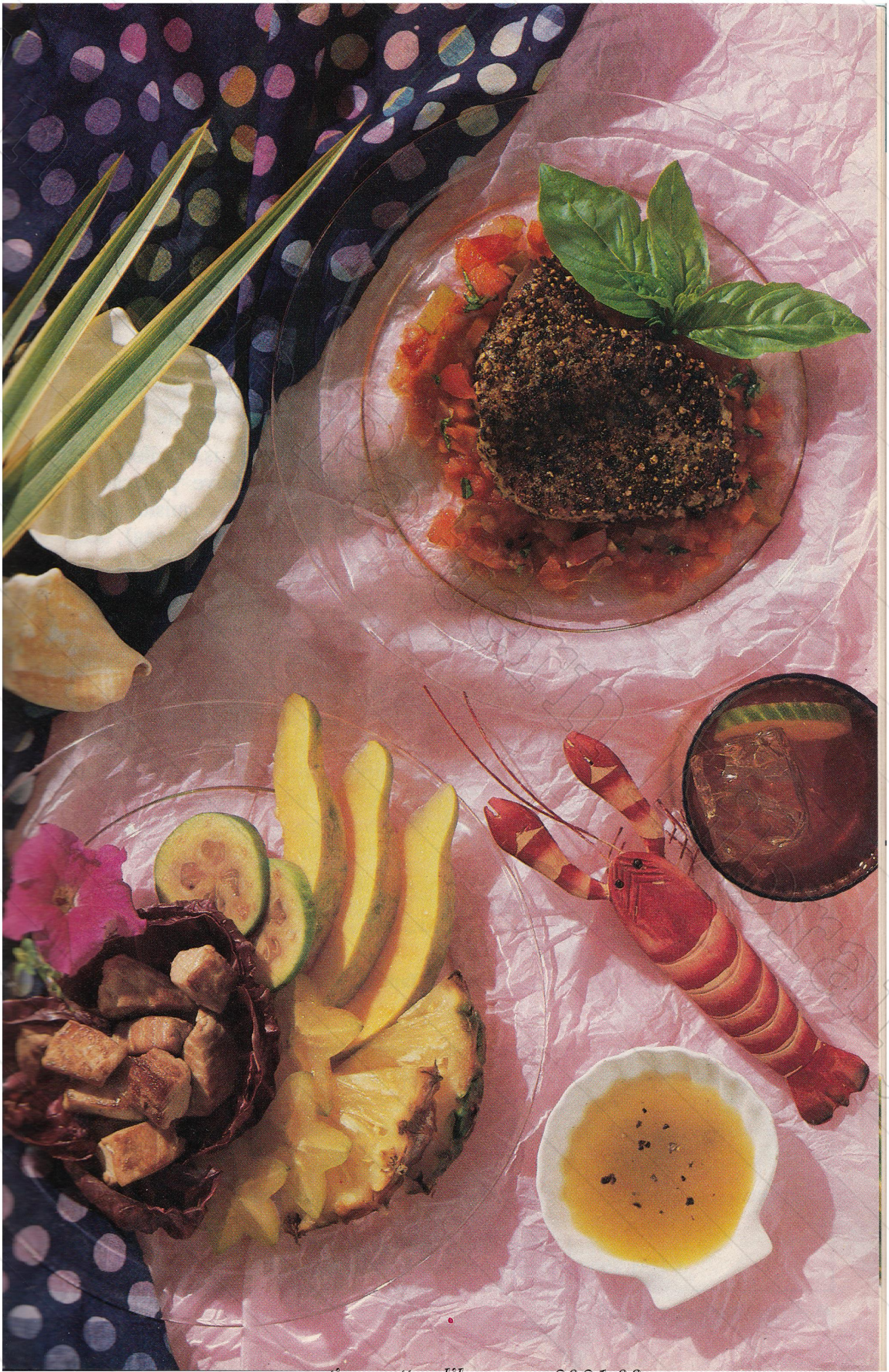

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We've also included a special chapter on how to tat with complete directions for all the stitches needed for the projects, so that even beginners can learn and begin to enjoy this ancient art.

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until fish flakes easily when tested with a fork. Spoon herbed vegetables onto individual serving plates. Top with fish fillet. Makes 4 servings.

Broiled Hawaiian Kajiki with Basil-Garlic Butter

1-1/2 pounds Hawaiian kajiki fillet (Pacific blue marlin or swordfish)
1/4 cup butter, softened
2 tablespoons Dijon-style mustard
1 clove garlic, minced
2 tablespoons fresh basil, coarsely chopped

In a small bowl, blend together butter, mustard, garlic and basil. Spread seasoned butter 1/2 inch thick on a plate; freeze. Cut fish fillet into serving size portions. Place on oiled rack in a broiler pan. Broil 4 inches from heat. Cook for 4-6 minutes for each 1/2-inch thickness of fillets, until fish flakes easily when tested with a fork. Cut butter into portions and place on warm fish. Serve immediately. Makes four servings.

Hawaiian Ahi with Linguini

1 pound Hawaiian ahi fillet (yellowfin or bigeye tuna)
Linguini
2 tablespoons olive oil
1/2 onion, thinly sliced
1 clove garlic, minced
1 tablespoon clarified butter
2 tablespoons sun-dried tomatoes, thinly sliced
2 tablespoons capers
1/4 cup Parmesan cheese, grated
1/2 teaspoon salt
1 tablespoon parsley, finely chopped

Remove skin and bones from fillet; cut into cubes. Cook linguini; drain and keep warm. Heat 1 tablespoon of the olive oil in a skillet and sauté onion and garlic until golden brown; set aside. Heat remaining 1 tablespoon olive oil and butter in a skillet; sauté fish for 2 minutes or until it flakes easily when tested with a fork. Add onion mixture, sun-dried tomatoes, capers, Parmesan cheese and salt. Toss gently. Serve over linguini and sprinkle with parsley. Makes 4 servings.

Salad Nicoise with Hawaiian Tombo

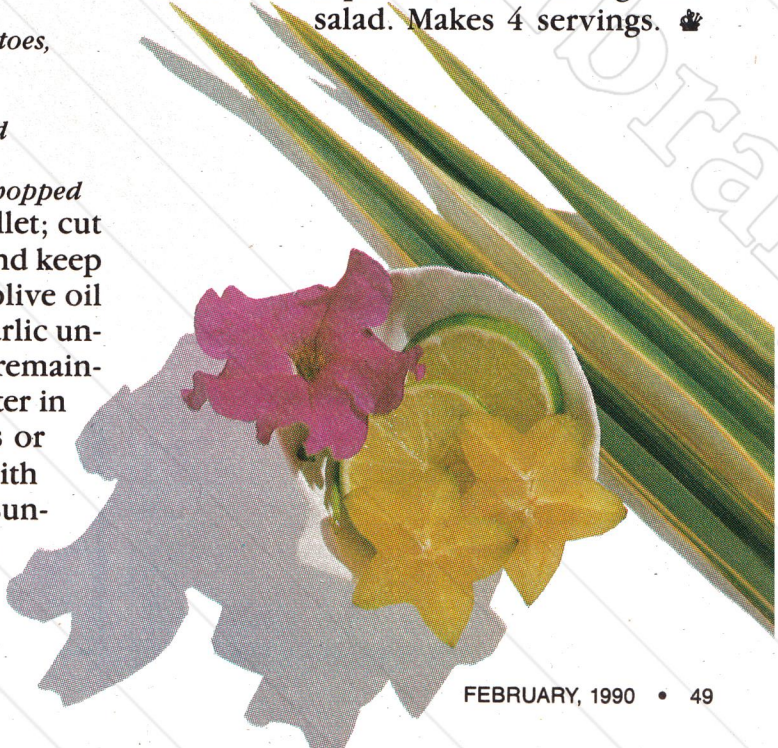
3/4 pound Hawaiian tombo fillet (albacore tuna or other tuna)
1 small head Romaine lettuce
1/2 pound green beans, blanched and cut into 2-inch lenghts
3 new potatoes, cooked and sliced
1 carrot, cut into julienne strips
1 small cucumber, sliced
1 tomato, cut into wedges
2 hard cooked eggs, cut in half

Dressing:

1/4 cup red wine vinegar
1 teaspoon Dijon-style mustard
1/2 teaspoon salt
1/8 teaspoon pepper, freshly ground
1/2 cup olive oil
2 tablespoons vegetable oil
2 anchovy fillets, thinly sliced
Olives and capers for garnish

Remove skin and bones from fillet; cut into cubes and set aside. Line a serving platter with Romaine lettuce leaves. Arrange green beans, potatoes, carrots, cucumbers, tomatoes and eggs on the lettuce leaves.

To make dressing, combine red wine vinegar, mustard, salt and pepper. Slowly add olive oil, beating continually until well blended. Sauté fish in vegetable oil until cooked and place in center of salad. Top with anchovies and garnish with olives and capers. Pour dressing over salad. Makes 4 servings.



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Sewing Hints

After selecting the pattern, fabric and thread, select the right sewing machine needle. Fine fabrics should be sewn with fine needles, coarser fabrics with heavier needles.

If the sewing machine needle is put in backwards the stitches will slip.

Don't pull the fabric while sewing as it may cause the needle to bend or break.

To keep your sewing machine in good condition oil it once a month or after about 10 hours of use. Use a sewing machine oil, then run the machine for about two minutes. Wipe off any oil drippings.

Use a lint brush to keep the bobbin case and the area under the feed dogs clean. Keep the machine covered when not in use.

There are three basic types of sewing machine needles; the regular sharp, the all-purpose Golden Ball and the light ball point. The sharp needle is best when sewing woven fabrics, the light ball point when sewing on some jerseys, stretch terry cloth and velour while the all-purpose Golden Ball needle is designed for use on 80% of the fabrics available to home sewers.

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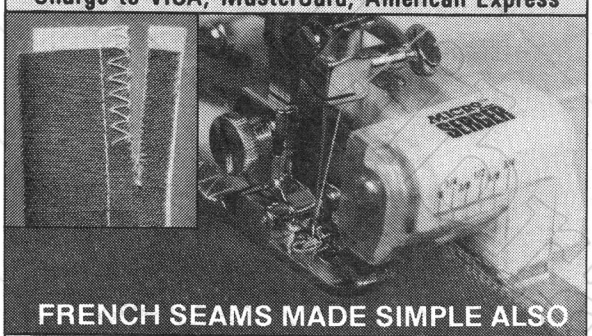

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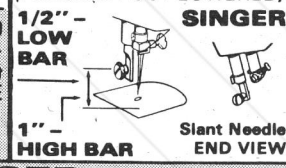

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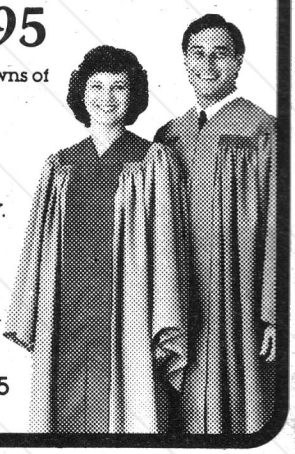

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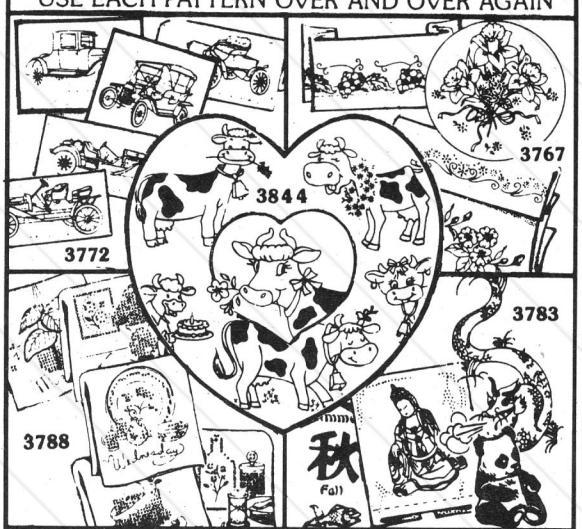

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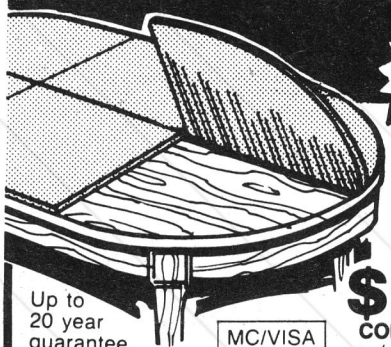

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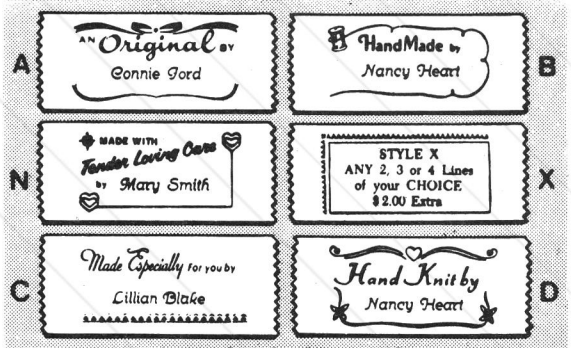

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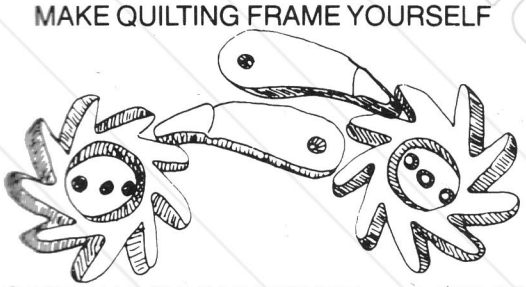

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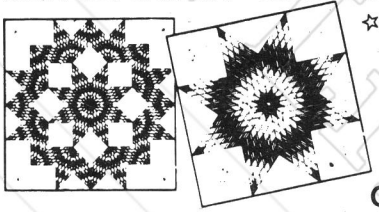

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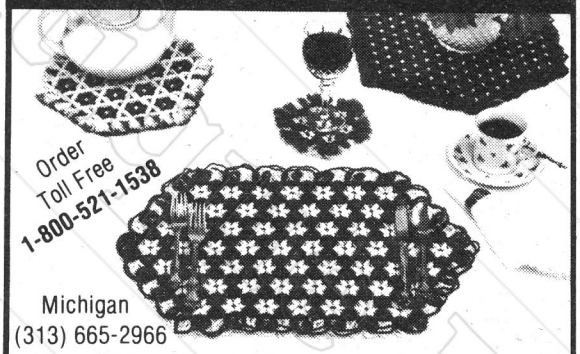

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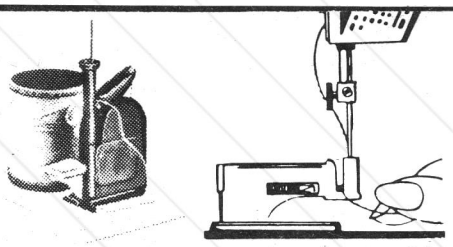

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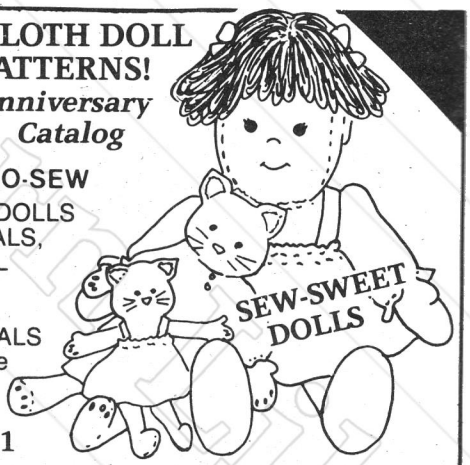

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Continued from page 16

Stitch diagram of random zigzag stitches.

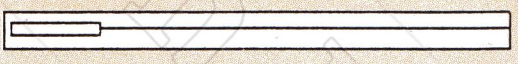
Double

Fold belt in half lengthwise with right sides together. Stitch 1/2 inch for edge.

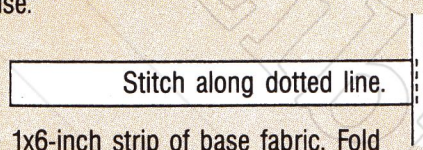
Seam

Turn belt to right side, placing seam in middle of back.

On both ends of belt, turn unfinished edges inside forming straight edge. Secure with hem stitch. On embroidered side of one end, sew 1-3/4-inch strip self-adhesive fastener crosswise (either side of fastener) — this can be done with narrow (3w) zigzag. Fastener should be as close to edges as possible. **Note:** Do not cut through both strips of fastener.



On other end sew 5-inch strip of other side of fastener by hand, beginning as close to end as possible, down inside center of belt lengthwise.



Cut one 1x6-inch strip of base fabric. Fold cut edges to inside along 6-inch sides, and stitch to form piece that looks like belt loop. Lay on embroidered side of belt with 5-inch fastener and stitch as shown.

To complete, lay ends of strip over each other on inside of belt forming loose loop for opposite end of belt to go through.

Finishing: Cut stray threads on outer edge of embroidered area. If any zigzag patterns were stopped and started in embellished area, pull those threads to wrong side. No further anchoring is needed as all threads will be encased when belt is finished. SUSAN ROCK

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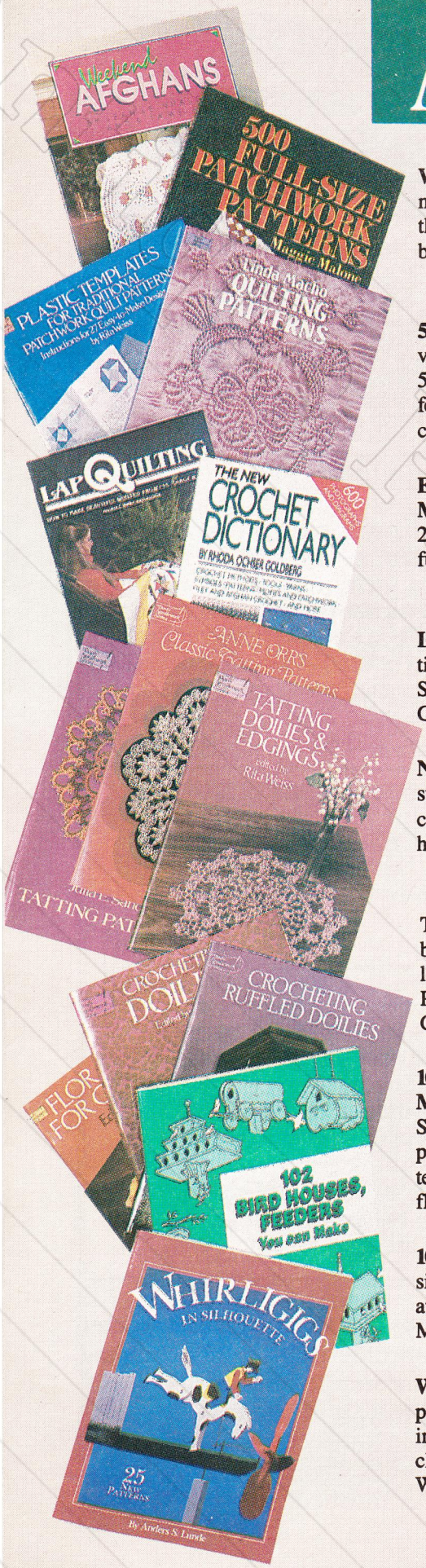

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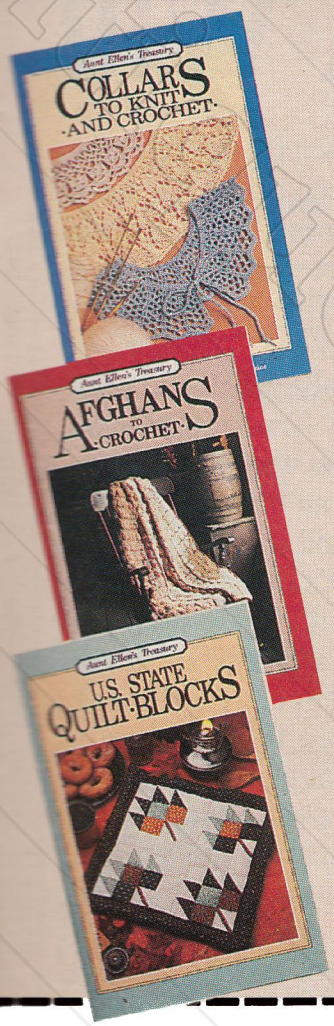

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TERMS IN BRIEF

Crochet:

ch	chain
st	stitch
sp	space
sl st	slip stitch
sc	single crochet
dc	double crochet
hdc	half double crochet (sometimes called a short double — sdc)
tr	treble crochet
dtr	double treble crochet
tr tr	treble treble crochet
rnd	round
lp	loop
inc	increase(s)(d)(ing)
dec	decrease(s)(d)(ing)
p	picot
yo	yarn over
MC	Main Color
CC	Contrasting Color
bl	block stitch
cl	cluster
pc	popcorn stitch

Knit:

k	knit
p	purl
st	stitch
sp	space
sk	skip
sl	slip
rnd	round
lp	loop
tog	together
yo	yarn over
psso	pass slip stitch over
inc	increase(s)(d)(ing)
dec	decrease(s)(d)(ing)
tbl	through back loop
MC	Main Color
CC	Contrasting Color

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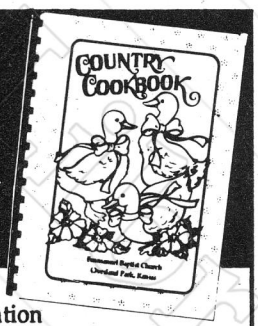

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Berkeley, CA 94702

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Cast on 4 sts. Row 1: K.
Row 2: K 2 sts, yo, k to end of row.
Repeat Row 2 until there are 43 sts.
Next Row: K 1, k 2 tog, yo, k 2 tog, k to end. Continue the last row until 4 sts remain. K 4 sts and bind off.

Sewing Supplies (cont'd)

DISCOUNT PRICES — Free catalog of hard to find sewing supplies. Button Shop, Box 1065W, Oak Park, IL 60304.

RICKRACK, LACES, BRAIDS, quilting supplies. 50¢ coin for catalog. Leisure Craft, PO Box 2151W, Missoula, MT 59806.

FRANTICALLY LOOKING FOR . . . Craft supplies (laces, beads, trims, silk flowers, ribbon) . . . Sewing supplies (notions, thread, elastic fabric) . . . Needlework Supplies (yarn, needles, floss) or Bridal Supplies (appliques, pearls, combs)? Write for free catalog. Newark Dressmaker Supply, Dept. W25, PO Box 2448, Lehigh Valley, PA 18001-2448.

SILK FLOWER CREATIONS

MAKE YOUR OWN BEAUTIFUL SILK FLOWERS. Patterns and instructions. Decorate your home; gifts; bazaars. Set of 19 for $14.95 plus $1.25 postage. Money orders, checks, no C.O.D. 8313 Scarborough Drive, Colorado Springs, CO 80920.

STAMPS & COINS

300 DIFFERENT U.S. used stamps $2.00: 500 different $5.00. Burke's Stamps, Box 4902-W, Springfield, MO 65808.

SURPRISE PACKET 10 ¢. Quality approvals. Tarheel Philatelics, Siler City, NC 27344.

Stamps & Coins (cont'd)

FREE! BIG CATALOG — New edition listing thousands of bargains on Worldwide stamps, packets, albums and accessories. Free when requesting stamps on approval. Buy what you like. Return balance. Jamestown Stamp Company, Dept. E20WB, Jamestown, NY 14701.

YARNS

QUALITY YARNS, patterns and accessories. $6 (refundable). Catalog only $2. Mabon's Yarn Express, 22 Morrow Rd., Home, PA 15747.

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FASTEN OFF

WORRY DOLL

To make one worry doll, you will need a craft stick, a round toothpick, 1/2 skein red embroidery floss (or color to match fabric), 1/4 skein black embroidery floss, 1-1/2- x 3-inch piece cotton fabric with small print, light pink acrylic paint, 1-1/2-inch pin back, fine tip black pen, black permanent marker and craft glue.

Paint craft stick and toothpick with acrylic paint; let dry. Cut the craft stick so that it measures 2-1/2 inches. Cut off both points of toothpick so that it measures 1-1/2 inches; paint blunt ends with acrylic paint.

Glue the toothpick to the craft stick 3/4 inch down from the curved end to form doll's arms. Turn doll over and glue one end of the red embroidery floss to the doll's back. Begin wrapping floss around the doll's body in a crisscross manner: to the front over one shoulder, down around the back, to the front again and up over the other shoulder. Repeat several times. Then, without cutting the floss, wrap the arms and lower bodice section until area is well covered. Cut floss and glue the end to the back of doll.

Now, gather a 3-inch edge of the fabric around the doll's waist to form a skirt. The bottom of the skirt should be even with the cut end of the stick. Wrap black embroidery floss around the top of the fabric to form a wide belt. Cut floss and glue the end to the back. Tie a small piece of another color floss over the belt for accent, if desired.

Make the doll's hair by cutting several short pieces of black floss. Loop the pieces once and glue them to the top curved portion of the stick to resemble bangs. Cut four 4-inch lengths of black floss and knot together in the center. Glue knot at the top of the stick to form long hair; trim to desired length. With the fine black pen, draw facial features. With the black marker, draw half circles at the cut edge of the stick to resemble shoes. Glue pin back vertically onto back of doll. Finished doll measures about 2-1/2 inches.

BETH MACDONALD

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AUNT ELLEN'S STYLISH *Selections*

5616: Today and tomorrow coordinates add up to a very put-together look. Jacket, shell and elastic waist pants are perfect company. Misses' Sizes 8 to 18 are included in pattern.

5557: Sophisticated styling in two pieces. Easy to sew pullover top and trumpet skirt look great together or separately. Misses' Sizes 8 to 18 are included in pattern.

5591: On the loose... dress with free floating comfort in sleeveless or short sleeved versions. Misses' Sizes. State SM(10-12), MD(14-16), LG(18-20) or XL(22-24) when ordering.

5029: Nautical stripes and motifs are winners when knit in bright colors. Use double knitting or sport yarn. Directions for 3 versions, sizes 34", 36", 38".

Fashion Patterns are $3.50; Craft/Needlework Patterns are $3.25. Add $1.25 S/H for each pattern ordered. (CA, MI and NY residents add sales tax.) Send to: **WORKBASKET PATTERN**, Dept 8375, Box 4000, Niles, MI, 49120-4000.

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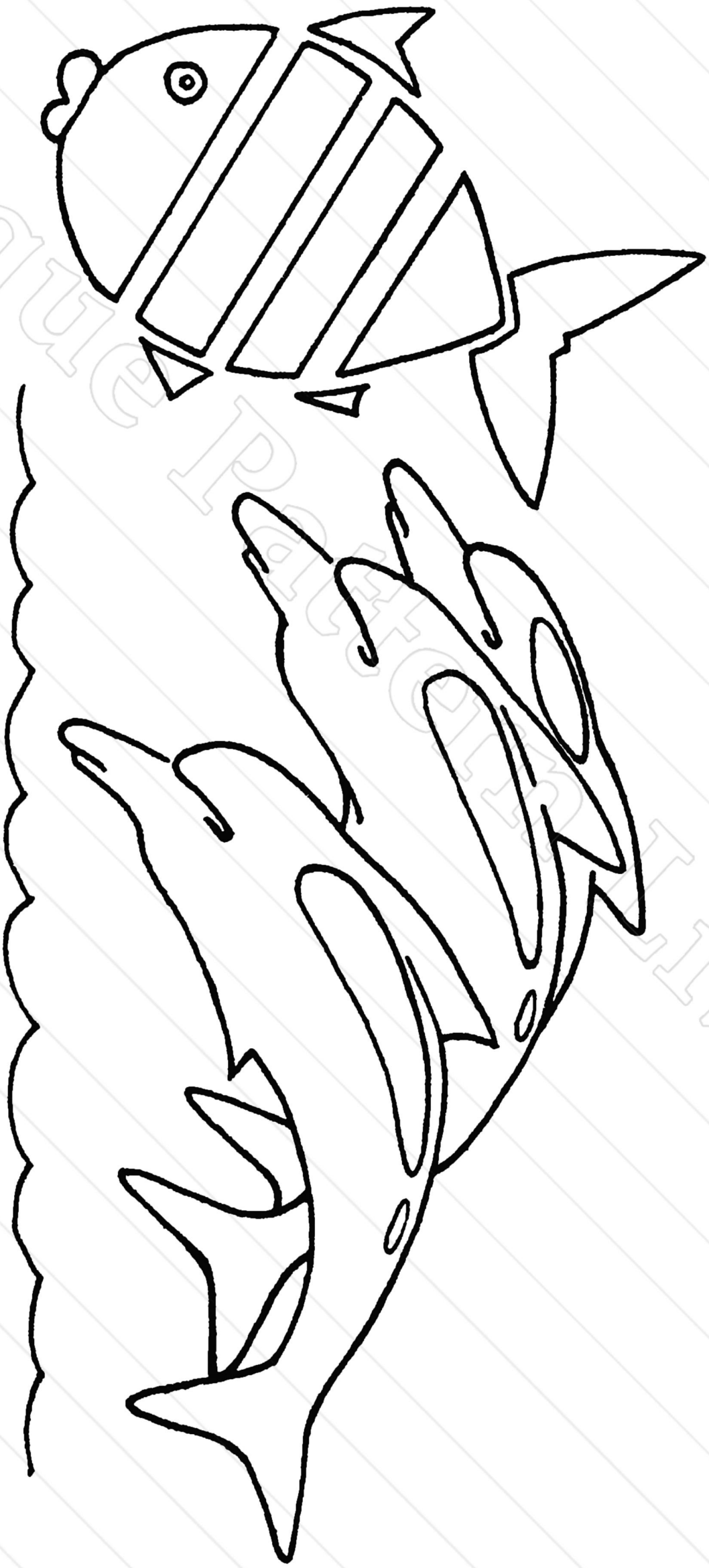

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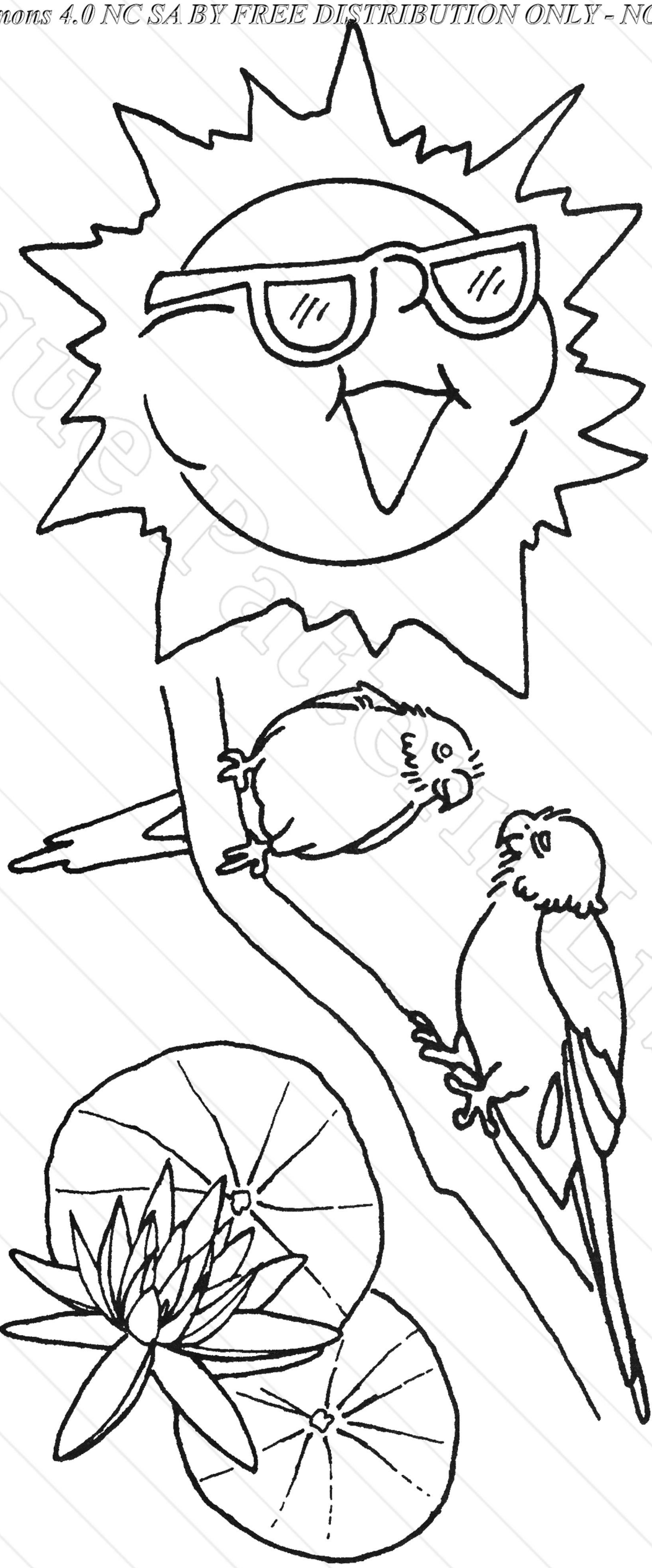

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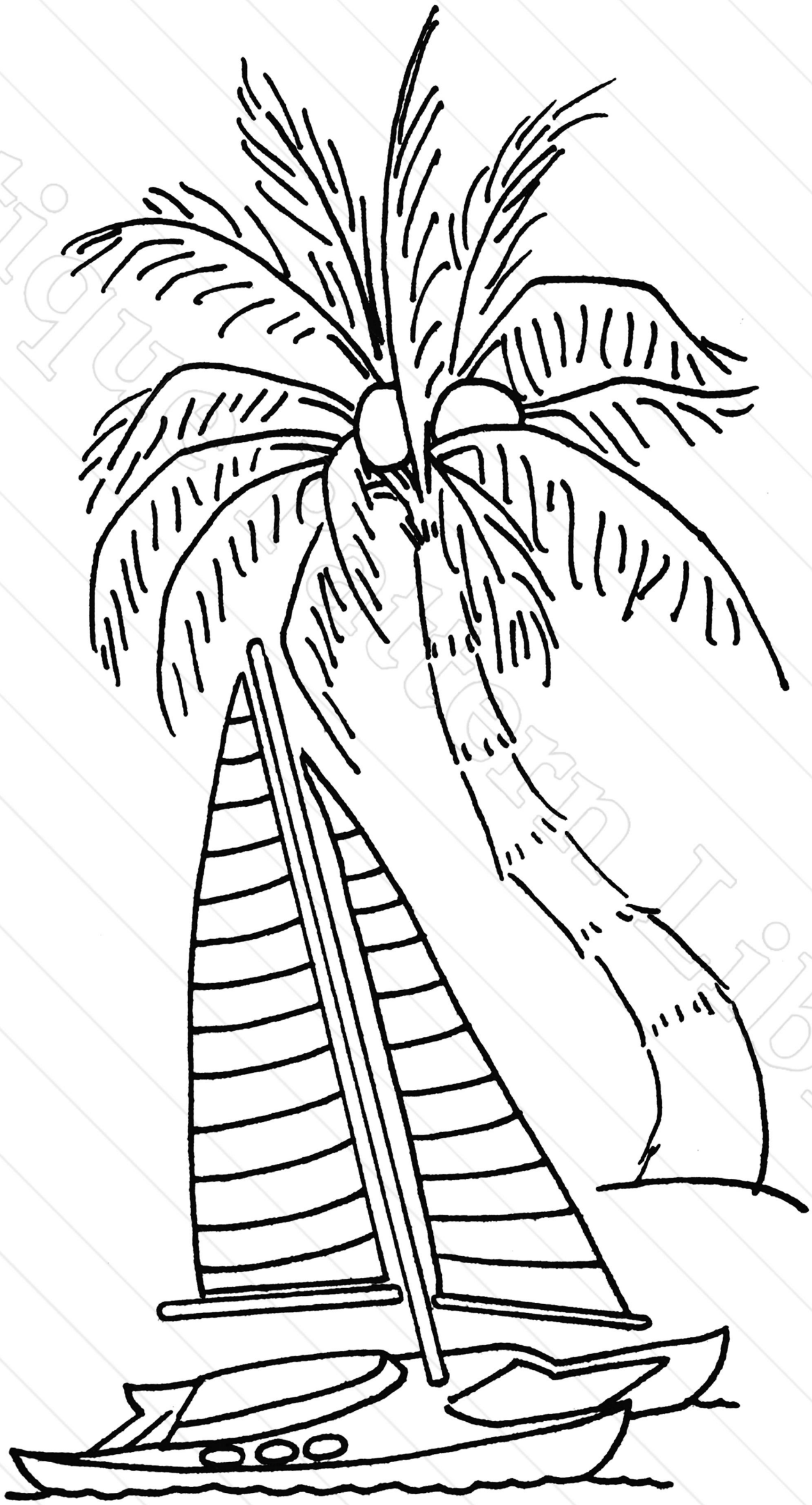

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